

# Ready to Learn

## Tips to Reach the Learning Brain

When we feel good, we function well. Try including the 3Rs cycle throughout your day in class to help maximise learning.

### Regulate

Plan in brain stem calmers- rhythmic games, activities with less verbal communication

### Relate

Follow up with a focus on belonging.

A shared class memory- "this is going to be a bit like the time we learned about..."

### Reason

Now the social engagement system is online- the pupils are feeling good and functioning well. Ready to learn!

### Regulate

Always begin and end a lesson with a short regulatory activity

### Reason

Core lesson time, on task time

### Relate

Follow up with a short activity which reinforces sense of belonging-unconditional acceptance

### Remember:

#### Plan

lots of 3Rs cycles throughout the day- make sure every lesson builds intime to regulate (feel safe) and relate (feel connected)

#### Notice

if your class or individuals need shorter cycles to begin with or on a particular day- adjust your expectations for on task time

<https://beaconhouse.org.uk/resources/>