

The Regulated Classroom: Practical Strategies for Supporting All Learners

Building a toolkit for fostering self-regulation in all students

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Learning Objectives

- Upon completion of this course, participants will be able to:
- **Define** self-regulation and why it is important.
- **Identify** at least 3 evidence-based strategies to improve self-regulation.
- **Describe** the concept of interoception and list one activities that can be used to help students develop a greater awareness of their internal body signals.
- **Implement** a brief, one-to-three-minute mindfulness, breathing, or yoga exercises suitable for a group of students.
- **Identify** one way to help students develop specific skills to build self-regulation.
- **Develop** a plan to integrate at least one new self-regulation strategy into their existing classroom management system.

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What does it look like when a student is self regulated?



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Effective Strategies to Build Self-regulation (what the research says....)

1. Healthy Lifestyle Behaviors
2. Physical Activity and Exercise
3. Mindfulness and Yoga
4. Specific Skill Training

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Healthy lifestyle habits

- Regular physical activity
- Limiting screen time
- Healthy diet – limit sugar and processed foods
- Regular sleep
- Daily routines

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Physical Activity & Exercise

Structured activities

- Activities that include; crossing midline, starting/stopping
- Hand clapping games
- Rhythm sequences
- Animal walks

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Includes:

1. Breathing exercises (5 finger breathe, belly breathing, blow out candle) – Exhale is most important for calming.
2. Yoga poses – extension movements increase alertness, flexion movements tend to be more calming
3. Interoception activities




Mindfulness and Yoga

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Interoception

Interoception is responsible for helping you feel the inside of your body.

- Interoception tells you about things like:
 - Are you hungry or full?
 - Are you in pain?
 - Are you sick or tired?
 - Do you need to use the bathroom?
 - Do your muscles hurt?
 - It also gives you clues about your emotions.



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Ideas for building Interoception skills

- Use 'Interoception Talk': Label the way your various body parts feel during daily activities (e.g. "My hand feels warm when you hold it; My cheek feels wet when you kiss it; My breathing feels fast when I run with you.").
- Encourage your child's 'Interoception Attention': Encourage your child to notice how various body parts feel during daily activities (e.g. "How do your hands feel when you are holding a glass of ice water?; How do your eyes feel at bedtime?; Look at the goosebumps on your skin; Put your hand on your chest and feel your heart beating fast.").
- Start with visible and exterior body parts. As student's progress, move to more internal parts.
- You can incorporate questions throughout the day to help build interoception kids.
- As student's interoception improves then you can tie it to their emotions.

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Specific Skill Development

EXAMPLES:
Zones of Regulation
CO-OP problem solving approach

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Zones of Regulation

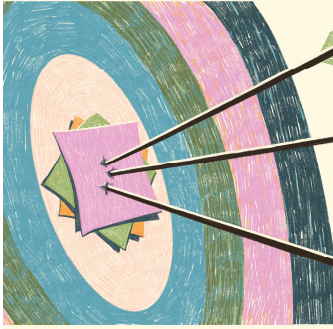
1. Categorizes emotions into colors – blue, green, yellow, red.
2. Educate on expected and unexpected behaviors.
3. Learn about triggers and explore tools to calm and alert.
 - Sensory
 - Calming/breathing
 - Thinking strategies



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CO-OP Approach

1. Identify a goal.
2. Make a plan to achieve the goal.
3. Do the plan.
4. Check



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Questions?

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