

# Quick List to Co-Regulate

Keep this handy at your desk, print for the teacher's lounge, or post near a calm-down space.

## 5-Steps to Peace

### 1. Self-Regulate First

- Take 3 deep breaths
- Relax your shoulders
- Check your emotional state
- Lower your voice and tone

### 2. Reduce Stimulation

- Dim or turn off lights if possible
- Minimize background noise
- Create more physical space
- Remove audience and distractions

### 3. Validate, Don't Solve

**Acknowledge:** "I can see this is really hard right now."

**Observe:** "You're having big feelings about this."

**Support:** "I'm here with you."

**Resist:** "You need to calm down" or "What happened?"

### 4. Physically Reconnect

- **Breathe:** "Let's breathe together—in for 4, hold for 4, out for 6."
- **Ground:** "Name 5 things you can see, 4 you can touch."
- **Move:** "Squeeze your hands tight, then release."
- **Feel:** Offer stress ball, weighted lap pad, or noise-canceling headphones.

### 5. Process When Calm

- Wait until breathing normalizes
- Ask: "What do you need right now?"
- Problem-solve together
- Together, make a plan for next time

## Breathing Techniques for in the Moment

### For Younger Students

- Smell the flower, blow out the candle (slow in, slow out)
- Balloon breathing (hands on belly, feel it rise and fall)

### For Older Students

- 4-7-8 breathing (in for 4, hold for 7, out for 8)
- Box breathing (in for 4, hold for 4, out for 4, hold for 4)