

Co-Regulating Moves



Set the scene



Match volume and tone



Check your physical presence



Use reflecting language



Prompt strategies and choices

This Might Look Like:

Using lighting as a cue – dimmer to bring the energy down, brighter to bring the energy up

When a situation is escalating, keeping a quiet or moderate volume with a serious, calm, steady tone

Getting on students' eye level to balance power

Naming the emotions students express as a way to show you are listening to or seeing them

Remind students of available supports or strategies, when they might not be at their best