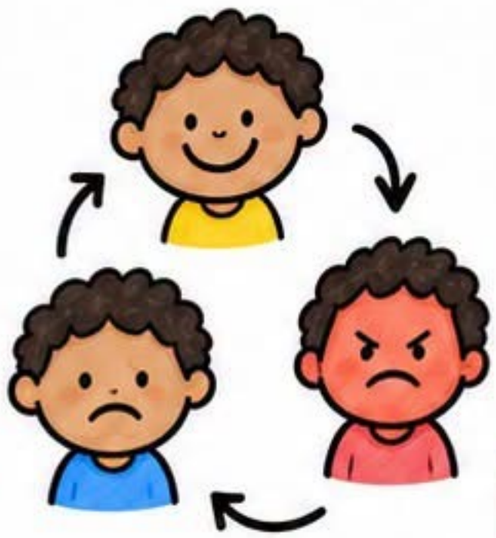
Supporting Students With Emotional Dysregulation

What It Can Look Like



Big feelings over small problems



Fast mood shifts



Crying or shutting down



Yelling or arguing



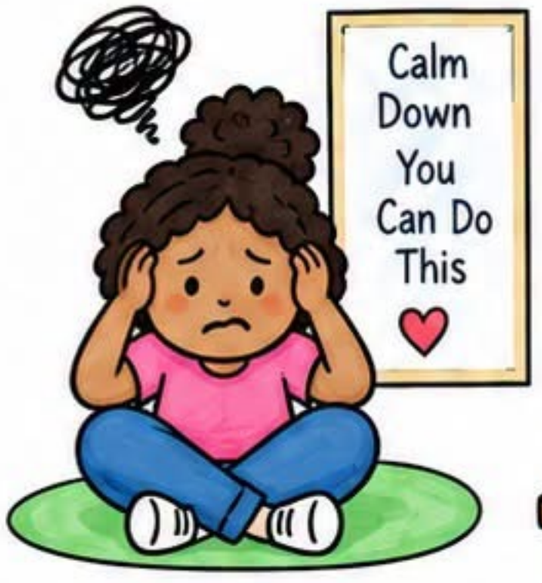
Trouble waiting



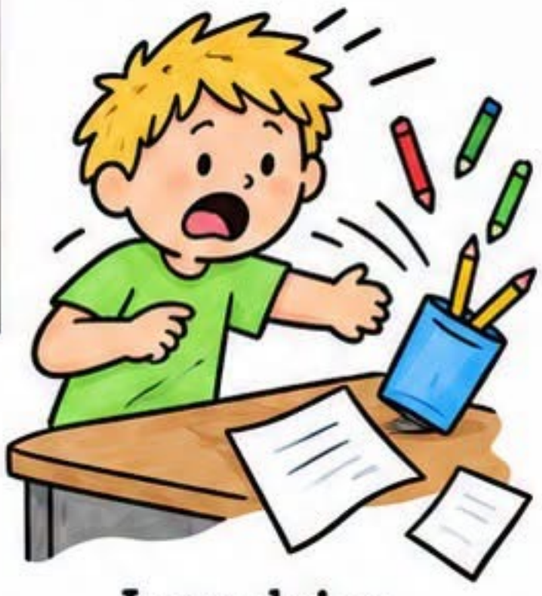
Leaving the area



Physical tension



Difficulty calming down



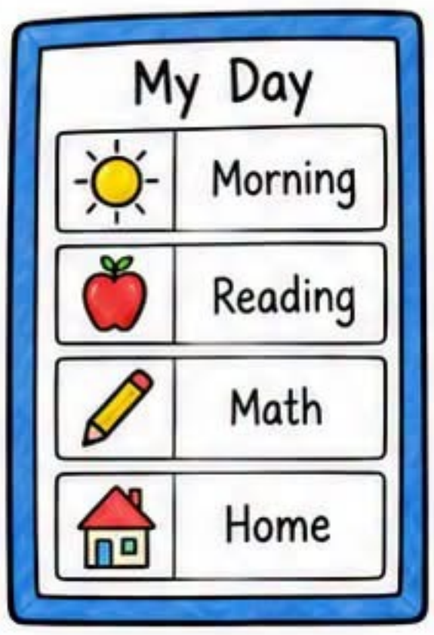
Impulsive reactions



Feeling embarrassed after

Supporting Students With Emotional Dysregulation

Classroom Supports That Help



Visual schedule



Break cards



Quiet space



Check-in adult



Clear expectations



Choice within tasks



Movement breaks



Reduced wait time



Sensory supports



Preview transitions

Supporting Students With Emotional Dysregulation

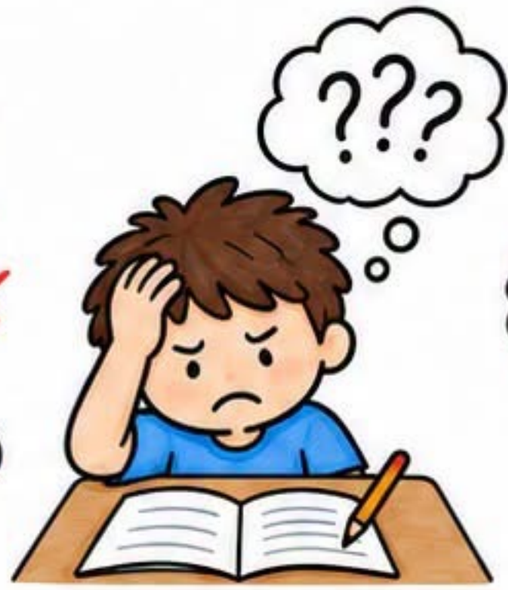
Common Triggers and Early Signs



Unexpected changes



Too much noise or chaos



Difficult tasks



Peer conflict



Hunger or tiredness



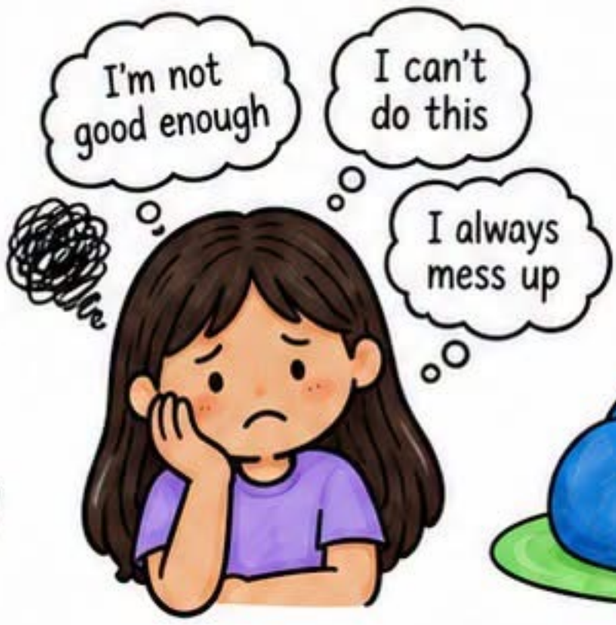
Body warning signs



Clinginess or worry



Restlessness



Negative self-talk



Needing a break

Supporting Students With Emotional Dysregulation

Co-Regulation Strategies



Calm body, calm voice



Sit nearby



Model slow breathing



Offer water



Use a calm corner



Try movement



Use sensory tools



Name the feeling



Keep routines predictable



Reconnect first

Supporting Students With Emotional Dysregulation

What to Do in the Moment



Lower your voice



Reduce the audience



Give space but stay near



Offer a calm choice



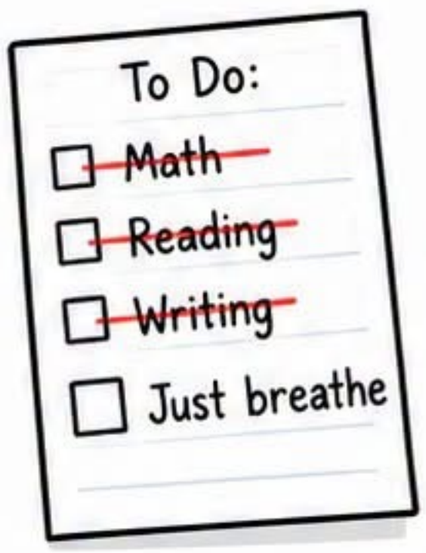
Use few words



Move to a quiet spot



Support breathing



Remove extra demands



Keep others safe



Wait before problem-solving

Supporting Students With Emotional Dysregulation

What to Avoid



Arguing back



Too many questions



Long explanations



Public correction



Forcing eye contact



Power struggles



Adding more demands



Touching without permission



Shaming language



Expecting instant calm

Supporting Students With Emotional Dysregulation

Language That Helps



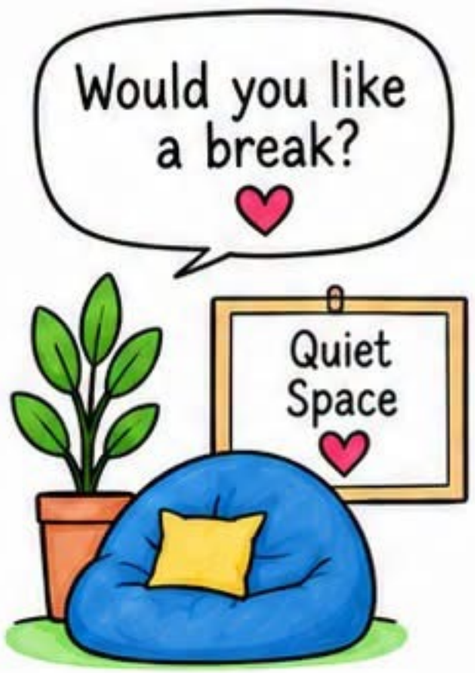
I see this is hard.



You are safe with me.



Let's take one step.



Would you like a break?



You can show me another way.



Let's breathe together.



I will stay calm.



We can fix this later.



Tell me what you need.



You are not in trouble.

Supporting Students With Emotional Dysregulation

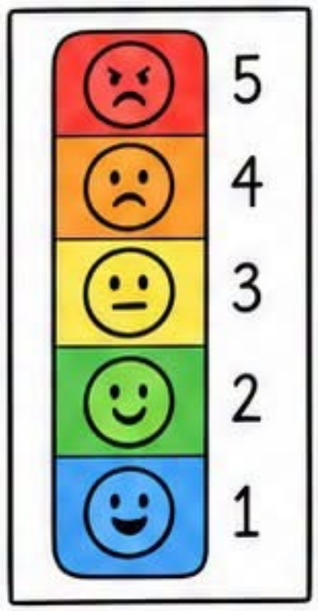
Teaching Regulation Skills



Identify feelings



Notice body clues



Rate the feeling



Practice coping tools



Ask for help



Use calming scripts



Take a break early



Problem-solve after



Repair with others



Reflect on what helped

Supporting Students With Emotional Dysregulation

Helpful IEP Accommodations



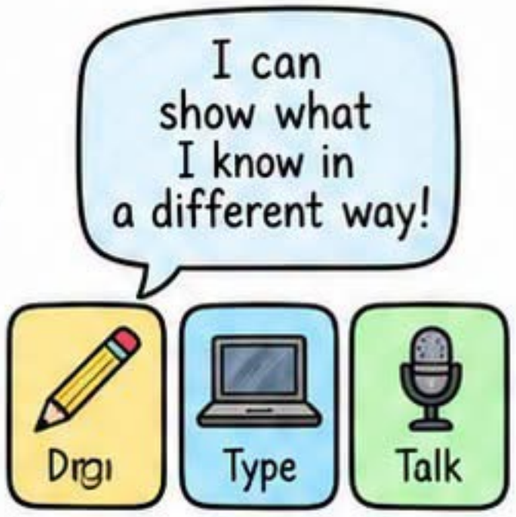
Safe person access



Scheduled breaks



Reduced workload when overwhelmed



Alternative response options



Calm testing area



Flexible transitions



Visual supports



Sensory tools access



Check-ins before hard tasks



Recovery time after incidents

Supporting Students With Emotional Dysregulation

After a Hard Moment

Repair and Recovery



Quiet recovery time



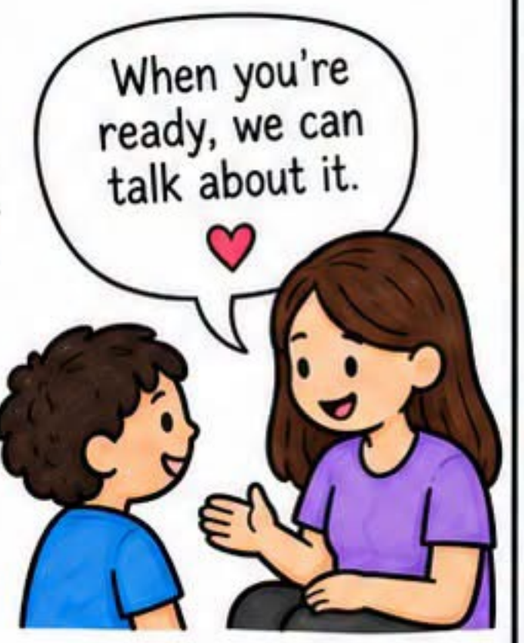
Reassure safety



Offer water or snack



Keep language gentle



Talk after calm returns



Name what helped



Repair relationships



Reset the task



End with dignity



Start fresh next time