SAMPLE: Developing a Class or Student Self-Regulation Plan

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|  | **Looks, Sounds Feels Like:**  **(Examples)** | **What I Can Do for Myself**  **(Examples)** | **What My Teacher Can Do to Help**  **(Examples)** |
| 4 | * I’m not hearing what people are saying * I’m not in control of my actions * I can’t think straight or slow down my thoughts My heart is racing * I’m having difficulty expressing my needs | * ask/signal for help * take 4 deep breaths * talk to the school counselor * call mom or dad * make a choice from the wellness menu * request a break | * Don’t talk at me * Let me sit quietly or take a break * Offer me the wellness menu to make a choice * Help me make a choice * Let me talk to the counselor |
| 3 | * I am clenching my teeth * My muscles are tense * I don’t know what to do * My thoughts are distracting me * I having trouble concentrating | * ask/signal for help * take 4 deep breaths * ask to talk with someone * call mom or dad * make a choice from the wellness menu * request a break | * Ask me if everything is okay * Talk to me privately * Let me take a break * Offer me the wellness menu to make a choice * Help me make a choice |
| 2 | * I feel irritable * I am sensitive to what people say * I don’t want to be bothered * I’m not interested in working | * ask/signal for help if needed * reassure myself that I can do it! * ask for a 1-minute break * make a choice from the wellness menu | * Ask me if everything is okay * Talk to me privately * Let me take a break * Help me make choice |
| 1 | * I am doing fine! * I am ready to work. | * ask/signal for help if needed * reassure myself that I can do it! * tell myself I’m doing great! * make a choice from the wellness menu | * Let me know that you notice me and the effort I am putting into my day |