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
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