



Avoiding Escalation

Self-Regulation Reflection

Purpose: Explore patterns around stressful situations in the classroom and identify the underlying thoughts, experiences and beliefs that contribute to emotional escalation.

Directions: Reflect on three times in the last month when something happened in your classroom that left you feeling upset (frustrated, irritated, angry, uncomfortable, etc.) Consider situations that challenged your own self-regulation skills.

<p>What was the situation?</p> <p>What happened first – what was the “triggering event”?</p>	<p>Did you notice any physical sensations or responses in your body?</p> <p>i.e. increased heart rate, temperature change, etc.</p>	<p>What were some of your thoughts during the situation?</p> <p>What were you saying to yourself?</p>	<p>What were you feeling during the situation?</p> <p>And,</p> <p>On a scale of 0-10, what was the intensity of your emotion(s)?</p>	<p>What was your response – words and actions?</p> <p>And then:</p> <p>What was the outcome?</p>
<p><i>Example: There are three students in my class that struggle with calling out. During an observation by my coach, these children were calling out and it seemed to cause the whole class to get off track.</i></p>	<p><i>Example: I could feel my eyes becoming teary, my face got hot, and I was clenching my jaw. When I’m upset I usually feel it in my face.</i></p>	<p><i>Example: “These kids are going to ruin my PMAP scores.” “(Name) is doing this on purpose because he knows I’m being observed.”</i></p>	<p><i>Example: Frustrated, embarrassed and 9 out of 10</i></p>	<p><i>Example: I moved the three typical calling-out children’s clips to yellow and then made the whole class take a minute to silently breathe. Then I attempted to resume. One of the students got so upset about his clip being moved that my coach stopped the observation to remove him.</i></p>

<p>What was the situation? What happened first – what was the “triggering event”?</p>	<p>Did you notice any physical sensations or responses in your body? i.e. increased heart rate, temperature change, etc.</p>	<p>What were some of your thoughts during the situation? What were you saying to yourself?</p>	<p>What were you feeling during the situation? And, On a scale of 0-10, what was the intensity of your emotion(s)?</p>	<p>What was your response – words and actions? And then: What was the outcome?</p>

Reflection & Analysis: Review the thoughts you generated and identify any patterns you notice. What, if anything, surprised you?

Ask yourself: where might these thoughts be coming from? Could they be related to any past experiences, relationships, values, beliefs, unmet needs, etc.?

Were there any thoughts that were more helpful in avoiding escalation? Any that were more harmful?