



Preventing Escalation in the Classroom

Regulation Strategy	What it is?	How/why it works?
Psychoeducation Ex: About my Brain	Providing information and support to help students better understand their thoughts, feelings and behaviors and how to access healthy coping skills. ¹	Increases knowledge, insight and self-awareness which can help decrease hopelessness and lead to improved self-efficacy and self-control. ¹
Diaphragmatic Breathing Ex: Bee Breaths Mindful Breathing	Slow and deep breathing technique that engages your diaphragm to maximize oxygen exchange. Inhale slowly through nose to fill lungs with air (belly expands), exhale slowly and completely (belly contracts). ²	Activates the parasympathetic nervous system sending a message to the brain to calm the amygdala and stress response system. Normalizes our oxygen levels, slows heartbeat, and can stabilize blood pressure. ²
Stretch & Movement Breaks Ex: Brain Breaks	3-5 minute opportunities for students to participate in physical activity (stretching, movement, dance, etc.). These are usually strategically placed throughout the school day and fun for kids and adults. ³	Stretching can release muscle tension and help ground the body in the present moment. Physical activity activates the brain cells needed to learn. “Brain break” strategies activate cognitive networks that help reengage the “thinking brain.” ³
Active Listening & Social Support Ex: Implementation Resources Lesson Plan (Gr 3-6)	A structured way of listening and responding so that the speaker knows you’re truly interested in their ideas, concerns, and opinions. It involves giving the speaker your undivided attention, withholding judgment, and being mindful of your facial expressions and body language. ⁴	Can help students identify and validate feelings, communicates care and understanding, reduces defensiveness, promotes honest communication, promotes change, builds trust and helps students “talk out rather than act out” ⁴
Mindfulness & Meditation Ex: Ashe Garden (1 , 2) Headspace	Mindfulness is a way to develop the ability to pay attention to both thoughts and feelings. Meditation is one practice that students and teachers can use to develop mindfulness. ⁵	Students and teachers can become more calm, focused and responsive leading to increased cognitive, emotional and behavioral self-regulation. Regular mindfulness practice has been associated with higher academic achievement. ⁵
Gratitude Practice Ex: Gratitude in the Classroom 31 Gratitude Practices	Gratitude is the feeling that occurs when one person acknowledges receiving valuable benefit from another. ⁶	Consistent gratitude practice has shown to improve social and emotional well-being, improve physical health and sleep as well as enhance empathy and resilience. ⁶
Positive Self-Talk Ex: Growth Mindset; Self-Esteem Worksheets	Self-talk is a form of inner speech and self-communication where meaningful words are spoken to oneself to guide and regulate behavior. ⁷	Positive self-talk is shown to improve creative problem solving ability, and helps to reduce stress, anger, and anxiety. ⁷

¹ Psychoeducation for Teachers of Students with Behavior Problems ²Harvard Health. *Learning Diaphragmatic Breathing* ³NYTimes (2017) *Why Kids Shouldn't Sit Still in Class.* ⁴Holden, M.J. et al. (2012) & Edutopia (2018). *The Value of Active Listening.* ⁵TREP Project (2018). *Bringing Mindfulness into School.* ⁶Morin (2014) & Emmons, R. A., & Stern, R. (2013). ⁷Payne, B. & Manning, B. (1998)