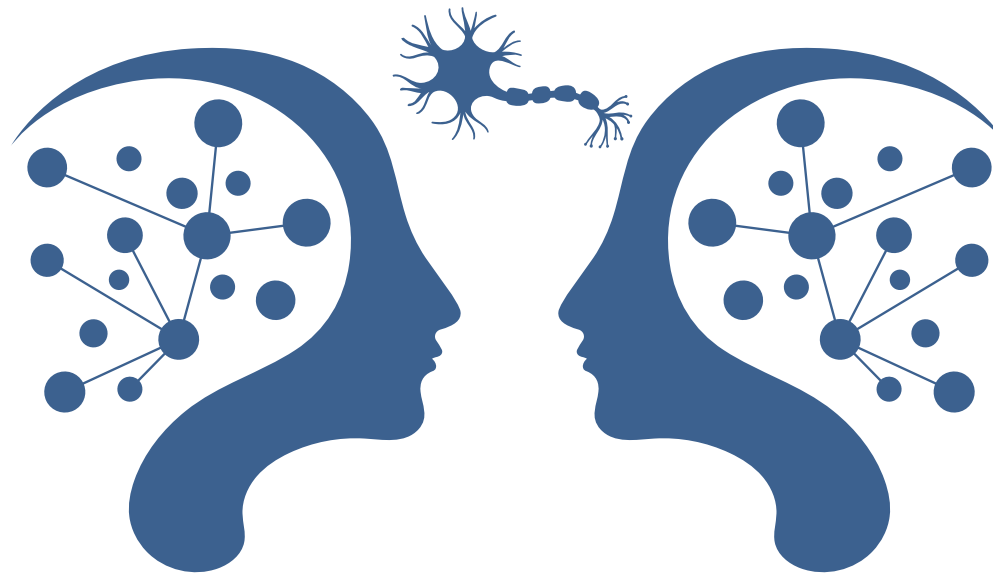


When a Student is Triggered

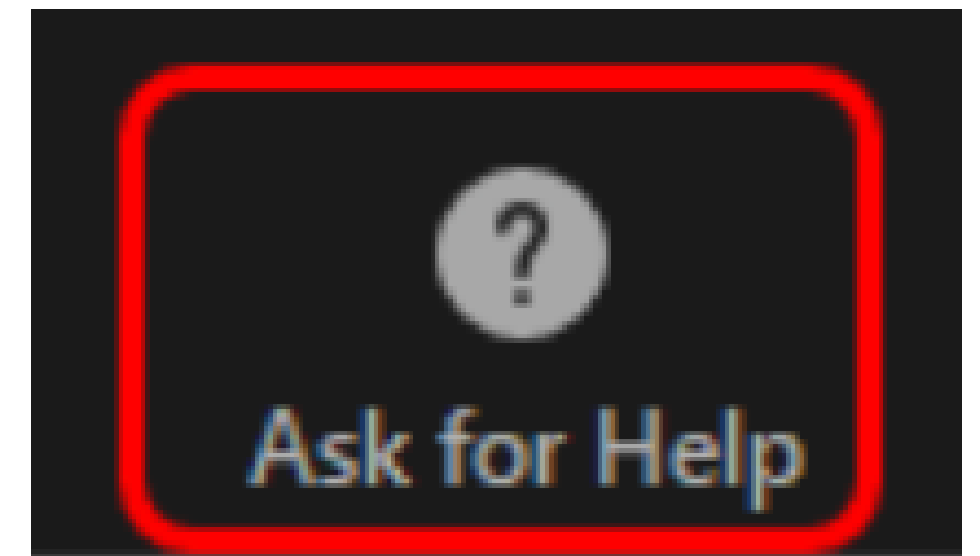
First, regulate your own emotions. You can do this by pausing and taking deep breaths like you would ask your student to do.



Shifting your demeanor to one that is calm can get your student's mirror neurons to fire, helping them become calm and ready to leave survival mode.



If you still need help, use the “ask for help” button to alert your Reading Specialist.



Regulating Activities

Once your emotions are regulated you can ask your student if they can do a regulating activity with you. Some options are 5 finger breathing, a brain break, and the activities that go with the “How are you feeling?” slide:

