

## Guidelines for Using the Emotional Regulation Action Plans

To successfully cope with stressful events, individuals need to learn the ability to inhibit some responses while employing other, more positive responses. Schools can be instrumental in helping students develop these skills and abilities in an effort to help them regulate their emotions and cope with events at school, home, and in the broader community.

We have created three developmentally appropriate plans for use at the Early Childhood through 2<sup>nd</sup> grade level, 3<sup>rd</sup> through 5<sup>th</sup> grade level, and middle and high school level. The plans are intended to be a collaborative document between school staff, parents, and the student and can be used with any student. They may prove particularly useful to students showing frequent behavior issues, office referrals and/or contact with student services staff. It can also be a useful re-entry step for students returning from a community-based facility.

Encouragement and validation throughout the process will be important as you move through this plan together. Finally, this is a fluid document that benefits from continuous monitoring and adjustments as a student grows in their skills and abilities.

### Implementation Guidelines and Tips

- Develop this plan in collaboration with the student and their caregivers when the student is in a ***calm and emotionally regulated*** state
- When possible, the person with the ***best relationship*** with the student should take the lead on creating the plan with the student
- Honor the student's perspective during development and implementation
- Encourage the student to identify helpful adults as part of their ***Support Team***
- ***Secure releases***, when appropriate, for identified support team members
- The entire support team need not be present during the development of the plan
- Ongoing communication between members of the support team, parents, and other school staff is important
- Review the plan monthly and when the student is experiencing an increase in emotional dysregulation
- Changes to the plan should be made as needed, as determined by the student and their support team
- *For students with an IEP or 504 Plan, consider the need to reconvene the team if changes to the Behavior Intervention Plan are necessary as a result of this document*







# My Emotional Regulation Plan

Name:

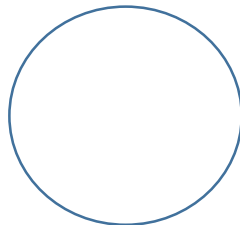
Date Created/Reviewed:

ER Plan: Elementary

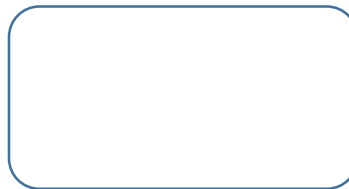
**This Happens** (check all that apply):

 <p><b>Trouble with peers</b></p>	 <p><b>Trouble with work</b></p>	 <p><b>Trouble with my classroom</b></p>	 <p><b>Trouble with my basic needs</b></p>
<input type="checkbox"/> Feeling left out <input type="checkbox"/> Losing a game <input type="checkbox"/> Arguing <input type="checkbox"/> Unfair rules <input type="checkbox"/> Change in friendship <input type="checkbox"/> Something else:	<input type="checkbox"/> Work too hard/easy <input type="checkbox"/> Bored <input type="checkbox"/> Confusing direction <input type="checkbox"/> It's a test <input type="checkbox"/> Homework <input type="checkbox"/> Something else:	<input type="checkbox"/> Distracted by others <input type="checkbox"/> Lights bright/dim <input type="checkbox"/> Too loud/quiet <input type="checkbox"/> Smells funny <input type="checkbox"/> I walked in late <input type="checkbox"/> Something else:	<input type="checkbox"/> Hungry/Thirsty <input type="checkbox"/> Sick <input type="checkbox"/> Too hot/cold <input type="checkbox"/> Clothes uncomfortable <input type="checkbox"/> Something else:

**That makes me feel:**



Draw face



Feeling word

**When I feel \_\_\_\_\_, I might:**

 <p><b>Fight</b></p>	 <p><b>Flight</b></p>	 <p><b>Freeze</b></p>	 <p><b>Something Else</b></p>
<input type="checkbox"/> Hit someone <input type="checkbox"/> Throw things <input type="checkbox"/> Destroy property <input type="checkbox"/> Swearing/Yelling <input type="checkbox"/> Hurt myself <input type="checkbox"/> Something else:	<input type="checkbox"/> Run away <input type="checkbox"/> Hide <input type="checkbox"/> Leave the classroom <input type="checkbox"/> Leave school property <input type="checkbox"/> Something else:	<input type="checkbox"/> Cry/withdrawal <input type="checkbox"/> Stay still <input type="checkbox"/> Can't answer questions/talk <input type="checkbox"/> Stare <input type="checkbox"/> Something else:	

## My Emotional Regulation Plan

Name: \_\_\_\_\_

Date Created/Reviewed: \_\_\_\_\_

ER Plan: Elementary



### I can calm down by trying

- |   |   |
|---|---|
| <input type="checkbox"/> Taking a break | <input type="checkbox"/> Deep breaths       |
| <input type="checkbox"/> Talking it out | <input type="checkbox"/> Positive self-talk |
| <input type="checkbox"/> Draw/Color     | <input type="checkbox"/> Counting to 10     |
| <input type="checkbox"/> Sensory tools  | <input type="checkbox"/> Writing a letter   |
| <input type="checkbox"/> Reading        | <input type="checkbox"/> Something else:    |
| <input type="checkbox"/> Music          |   |
| <input type="checkbox"/> Reading        |   |



### My teacher can help by

- |   |  |
|---|--|
| <input type="checkbox"/> Giving me space      | <input type="checkbox"/> Giving me a job                   |
| <input type="checkbox"/> Repeating directions | <input type="checkbox"/> Letting me walk                   |
| <input type="checkbox"/> Setting a timer      | <input type="checkbox"/> Call someone from my support team |
| <input type="checkbox"/> Giving me a hug      |  |

### My Support Team:

Team Member Name	Role in My Life	Phone Number	Email Address

### Home to School Connection:

Calming Strategies that Work at Home	Home to School Communication Plan

### My Action Plan:

When \_\_\_\_\_ happens, I feel \_\_\_\_\_ and that's ok!

I will use my strategies of \_\_\_\_\_

and adults will help by \_\_\_\_\_.