

# Identify and Regulate Emotions

Reflect on strategies/ initiatives in your school.

AMY MOLLOY DEC 15, 2022 03:23PM UTC

## How do you do this at the Tier 1 level?

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daily classroom "check ins" with students and teachers input also

we created a walking path with decals on the floor to walk through our emotions

staff in lobby and outside school each morning welcoming students and in the afternoon thanking them for coming; often using student names

create safe spaces in school to calm down, practice deep breathing and take a mindful minute

including SEL curriculum school-wide

restorative circles

various clubs to support students interests and needs

school wide techniques like responsive classroom

addition of LCSWs at every building to support students and staff along with psychologists and school counselors

shared drive with resources for calm down corners

have done full staff training on trauma and it's effects on the developing brain; have many staff training in Safety Cares and the deescalation portion of TCI

## How do you do this at Tiers 2 & 3?

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partnering up with parents and if the students have outside therapist, collaborating with outside therapist and/ or community based organizations that the family are connected with

Morning yoga classes run by OT group

Chill Spa and Sensory Rooms in each building

group counseling;

support coaches

targeted group counseling

staff trained in QPR and Columbia Screener

check ins with individual students

1:1 counseling with Social Worker

# safety plans for individual students

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