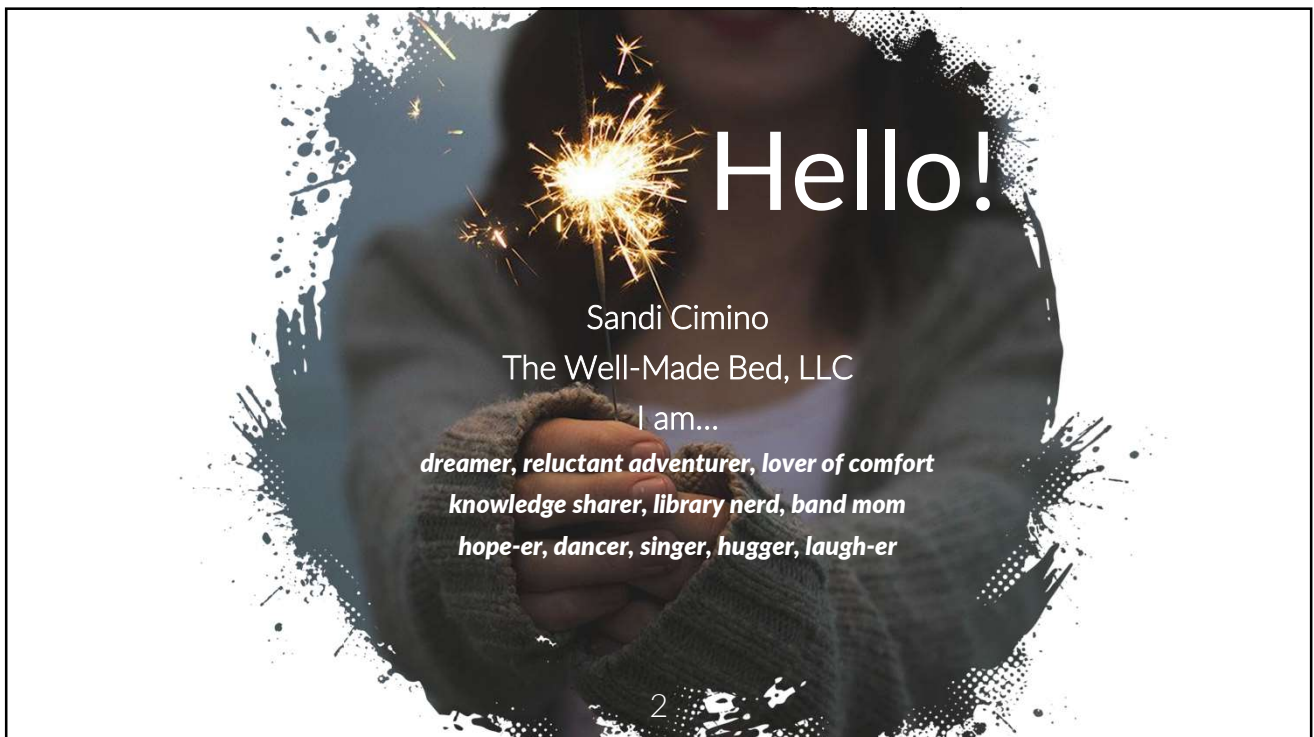


Regulate to Respond

Helping Those You Serve Starts With YOU

1



Hello!

Sandi Cimino

The Well-Made Bed, LLC

I am...

dreamer, reluctant adventurer, lover of comfort

knowledge sharer, library nerd, band mom

hope-er, dancer, singer, hugger, laugh-er

2

2

I Am Poem

I am (the way you describe yourself)
 I am (the way you "show up" to your family)
 I am (1 moment of recent joy)
 I am (1 moment of recent pain)
 I am (1 moment of recent beauty)
 I am (repeat the first line of the poem)
 I am (the way you "show up" in the work that you do)
 I am (3 emotions you've experienced lately)
 I am (1 thing you've noticed about the world during this time).
 I am (1 thing you want to hold on to from this time)
 I am (repeat the first line of the poem)

3

3

★
 We are what we
 bring to this space in
 ★ this moment. ★

★
 Be present
 Be on camera or off ★
 Be safe
 Be adventurous

4

4

1.
I am my best self

5

Idea Lab

6

Self-Care

Intervention

The act or an instance of interfering or intruding an occurrence in which a person with a problem is confronted for the purpose of dealing with the problem

Practice

to do or perform often, customarily, or habitually the usual way of doing something

Habit

a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

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PERMISSION SLIP

I give myself permission to:

8

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2. I am regulated

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Self-Regulation

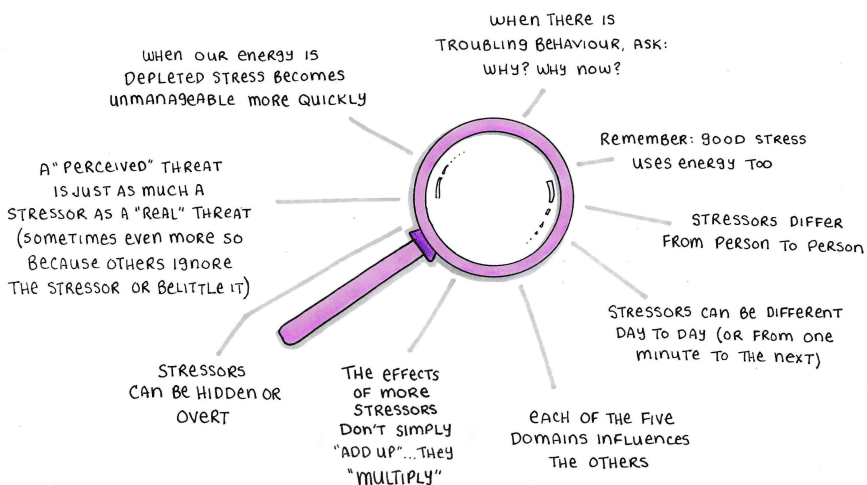
...is concerned with how we manage stress, not inhibiting the impulses that arise from excessive stress.

- Understanding sources of stress
- Focus on identifying and reducing stress
- Practice the 4 R's of Self-Reg

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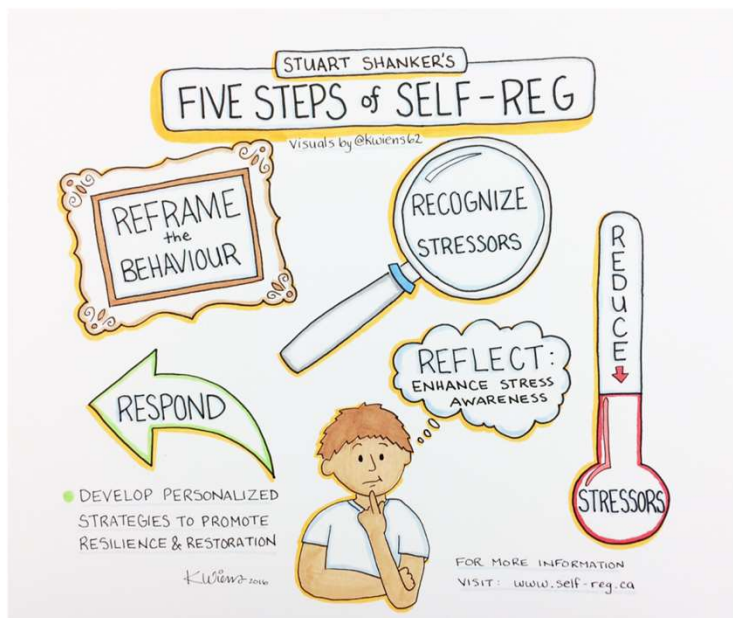
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Become a Stress Detective



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3. I am present

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13

What is normal?



Fight/Flight – focus is DANGER
 agitation – anger – anxiousness – frustration
 – crying – fear - panic



Immobilize/Freeze – focus is THREAT
 detached – hopelessness – numb – shame –
 dissociation – depression - tired



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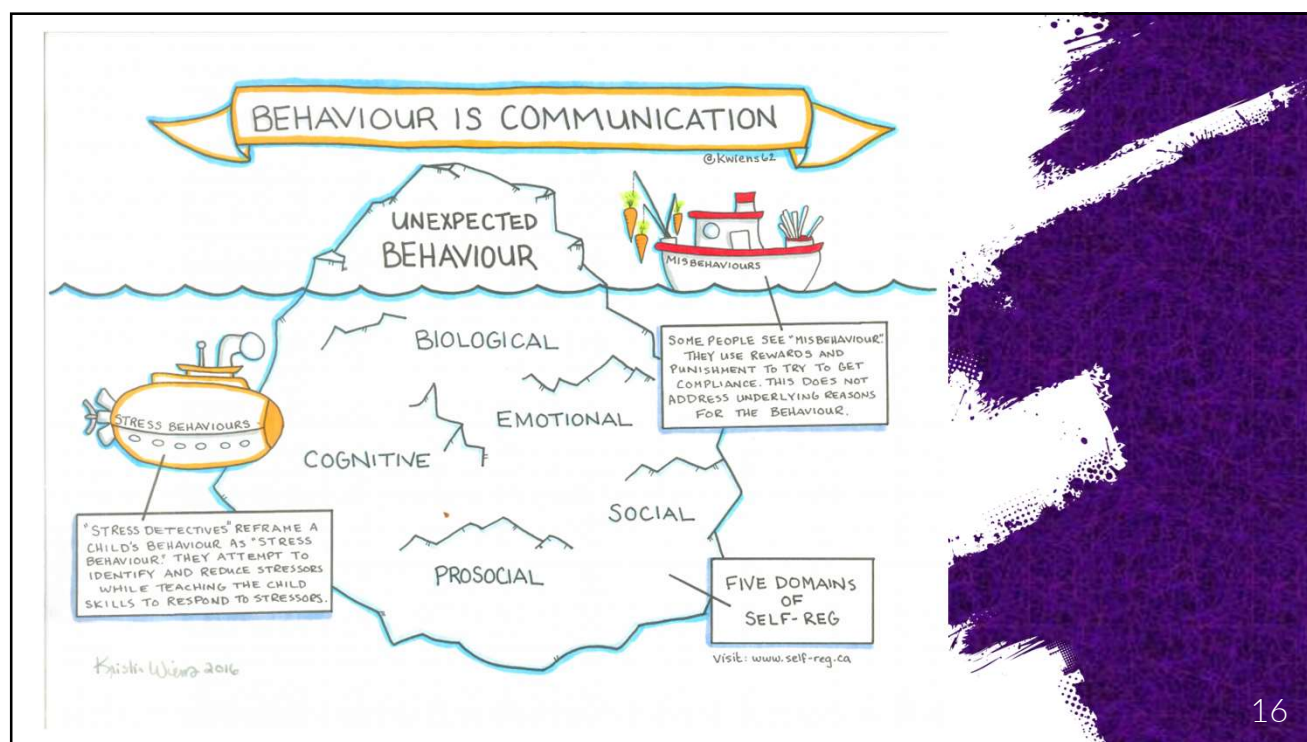
“When you plant lettuce,
if it does not grow well,
you don’t blame the
lettuce. You look for
reasons it is not doing
well. It may need
fertilizer, or more water,
or less sun.

*You never blame the
lettuce.”*

Thich Nhat Hanh

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Self-Regulation

Children and adolescents can NOT out-regulate adults.

Elements of school environments that promote self-regulation:

Understanding the impact of environment - lighting, visual clutter, noise, scents, hydration/nutrition, seating

Become SMART about Self-Reg

Simplify your language

Movement – slow down your actions

Affect – match the child's affect

Reflect the child's emotional intent

Tone of voice – modulate for the situation

Apply a “necessary for some, good for all” mindset to plan for

space and support Self-Reg – create microenvironments for students to self-select self-reg supports (caves, cubbies, puzzles/tactile items, weighted items, fidget or stim items)

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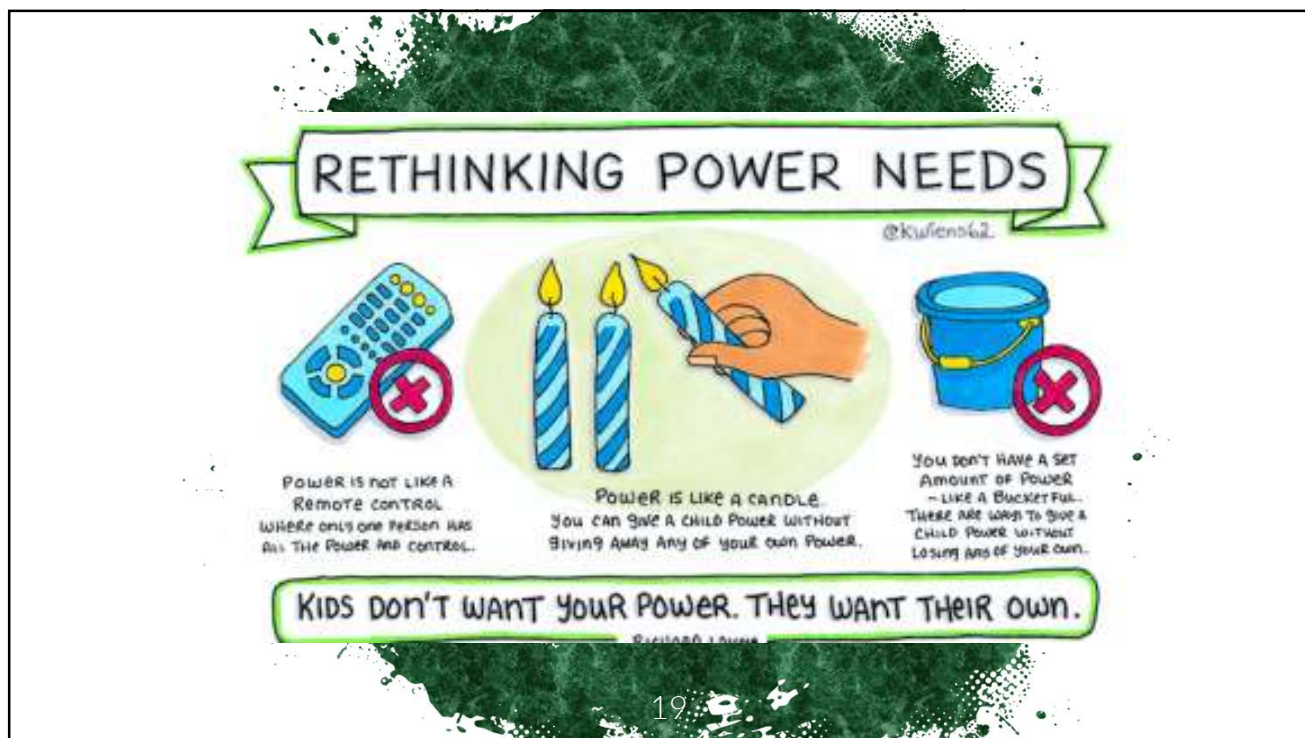
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Trauma Informed Classrooms

- Shifting from “What’s wrong with you?” to “What happened to you?”
- When you see behavior that is disruptive, ask “Why?” and “Why now?” and “What need is driving this behavior?”
- Moving from “trauma-informed” to “trauma-responsive” is about fostering safe, supportive relationships

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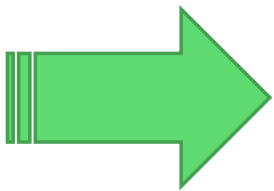
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Sharing Power

Combines the knowledge and training of the provider with the lived experience of the people receiving services.

- Enhanced participation
 - Combined expertise
 - Focus on learning, not just compliance
 - More honest communication
 - Increased compassion satisfaction for providers.
- 
- Greater sense of empowerment
 - New mastery and independence
 - More enduring change
 - Expanded (sometimes exponential) growth

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Becoming a SAFE Adult

- *Being a safe adult doesn't mean you have all the answers.*
- *Creating a healing relationship doesn't mean you have to "draw" someone out or in.*
- *Being a safe adult is being present; being consistent and dependable (even when it comes to limits and consequences).*
- *Being a safe adult doesn't necessarily take words at all. Sometimes being a safe adult is about being silent too.*

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Thank you

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