



## Co-Regulation

Provide coaching and modeling to help the student regulate their thoughts, feelings, and behaviors through co-regulation which is an ongoing supportive interaction whereby the educator engages alongside the student.

### 1. Engagement & Relating

- I am calm and feeling up to engaging with the student.
- I can feel compassion or empathy for the student.
- My facial expressions, body language, and other nonverbals are relaxed.
- I can communicate with the student (words, body, visuals) in a way the student needs.

### 2. Interactions

- I can have a positive and relaxed reciprocal communication (verbal or nonverbal) with the student.
- We are engaged in a shared experience.

### 3. Shared Problem Solving

- I am beginning to understand what the student is communicating or needing from me.
- I can begin to understand what may have just happened and what the student thinks happened.
- I can be reflective and open to the student's process of figuring out what they need.
- I am engaging in a discussion with the student to understand where the breakdown was and putting the situation into context.
- I help the student find new ways to regulate.

### 4. Building Bridges

- We are forming plans for how to manage this in the future.
- I emphasize that people need each other during trying times and that I am open and available to the student.