Overview of an Emotional Regulation Plan

Name:		Actioned:	
DOB:		Review Date:	
Location:			

This outlines the stages of escalation.

Regulated	Supportive
Basically when the student is on task and is calm. What do they look like, what do they say and what do they do?	How can you keep the student in this in this stage? Consider curriculum supports and sensory needs. What are their likes and dislikes? How can you reinforce positive behaviours?
Low Level Dysregulation	
This is the first visible indications the student is becoming dysregulated. What do they look like? What do the say? What are they doing?	What can you do to return the student to a regulated state and avoid the dysregulated state from happening?
Dysregulated	
This when there are clear indications the student is dysregulated. This may be passive as in shutting down or acting out. What do they look like? What do they say? What are they doing?	What can you do to return the student to a regulated state?
Re-fuelling and Re-Grouping	
Recovery always occurs after every dysregulation situation.	What can you do to support the student to re-engage with the class and save face?

Managing Stress Triggers

Triggers	Support
What you know is highly likely to cause your student to become emotionally dysregulated.	How you can help your student if a trigger environment is unavoidable
Student Likes	**Support**
What you know the student is rewarded by and that will be motivating.	How you can make sure rewards are always available when behaviour is on track
Student Dislikes	**Support**
What you know the student will work to avoid and that will be demotivating	How you can have a clear idea of what the student does not like to do, minimise exposure

Example of Stress Trigger management	
Triggers	**Support**
Anxious about maths	Curriculum support, tasks modified, teacher support, short bursts of work followed by reward breaks
Student Likes	
Stickers	Student will get one per activity
iPad time	Student has reward chart - 10 ticks equal 5minutes iPad time.
Student Dislikes	
Too many people talking at once	One person talking at a time