



# Co-Regulation in the learning environment

## Practical ways to bring peace to your day.



Children learn to regulate with an adult long before they can regulate on their own. Your presence, tone, pace, and nervous system become the anchor they borrow.

### Co-regulation is:

- You staying steady so a child can become steady
- Connection first, instructions second
- Modeling calm instead of demanding calm
- A shared rhythm between you and the child
- Slow, predictable, warm interactions

*Even on the busiest days, small shifts make a big difference.*

### Quick Co-Regulation Phrases That De-Escalate

Use these during transitions, upset moments, or dysregulation:

- "I'm right here. Take your time."
- "Let's breathe together."
- "You're safe. I've got you."
- "Your body is having a hard moment. I can help."
- "We'll figure this out together."
- "Let's make a plan."
- "I won't rush you. Let me know when you're ready."
- "You don't have to be calm yet — I'll stay with you."

### 60-Second Teacher Reset

Teachers can't pour from an empty nervous system. Here's a fast reset:

1. Drop your shoulders – release tension.
2. Exhale longer than you inhale (4 in, 6 out).
3. Name your state mentally: "I feel rushed," "I feel overloaded."
4. Choose the next micro-step: "First, we walk to the rug."

### 3 Ways to Build a Calmer Climate (Without Adding Work)

1. Slow transitions by 10% – not longer, just slower.
2. Narrate the emotional experience: "This feels busy," "Our bodies are moving fast."
3. Predictability = safety → use consistent language like "First \_\_\_, then \_\_\_."

### Connection Strategies That Work Immediately

The 2-Minute Connection Boost: Spend 2 minutes of undivided attention with a child.

### The Warm Start Routine:

Smile, say their name, use a soft tone when they walk in the room.

### The See & Say Technique:

Reflect without judgment: "You're working hard on that tower," "You found a way to calm your body."

### Reflection for Teachers

How does my presence shape the emotional climate of this classroom?

### Take 30 seconds:

- What energy do I bring?
- What energy do I want to bring?
- One small shift I can make today?

