

STEPS FOR RESPONDING TO A BIG EMOTION



STEP 1: ALLOW THEM TO FEEL THE EMOTION

1. Ensure everyone is physically safe
2. Help them feel safe
3. Hold space for the emotion
4. Key is to not rush and make the big emotion stop



STEP 2: CONNECT WITH THEM

1. Use proximity (closeness) and/or touch
2. Empathize (verbally and/or non-verbally)
3. Validate their feeling/their perspective
4. Key is to ensure they feel seen



STEP 3: INVITE BACK INTO THE "GREEN"

1. Offer choices (2-4 with visual support)
2. Encourage use of coping strategies - long-term solutions that foster a healthy mindset and allow students to process their emotions.
3. If they aren't ready - go back to step 1 and offer other lifelines - things that help a student get back into a ready state
4. Key is to soothe the system enough to get the ready brain back "online"



STEP 4: COLLABORATIVELY PROBLEM-SOLVE

1. Continue to co-regulate - provide warm interactions, support, coaching, and modeling to enhance a student's ability to manage emotions and behavior
2. Continue to soothe their system
3. Continue to support their use of coping strategies
4. Key is to help them "reenter" and re-engage (i.e., to continue, to follow through, to repair, to move on)