

# Examples of Co-Regulation Strategies

## Verbal cues:

"Let's do a Zones Check-In."

## Non-verbal cues:

Offer a menu of tool choices/Toolbox

## Proximity:

Give space vs. establish a physical presence

## Anticipate triggers:

Modify/adapt a task that might be triggering

## Proactive systems & plans:

Build in a proactive break as part of daily routine

## Tone of Voice:

Maintain a calm and steady voice with learners

## Adjust sensory demands:

Dim lights, minimize sounds, adjust temps, etc.

## Choice:

Offer options such as how to check-in

## Attunement:

Mirror their emotional state, i.e. match their sadness

## Affirmation:

"I noticed you chose a regulation tool. Great job!"

