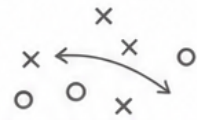




KEEP YOUR HEAD IN THE GAME



MY PERSONAL REGULATION PLAYBOOK

I can't control every play, but I can control my response.

This playbook will help me stay calm, focused, and ready for **every student, every play, every day.**



1. BEFORE THE GAME

Build Your Foundation

What I do daily/regularly to keep my brain and body ready:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What fills my cup:

- ♥ _____
- ♥ _____
- ♥ _____

GAME DAY REMINDERS

I choose to...

- _____
- _____
- _____
- _____
- _____



2. DURING THE GAME

In the Moment Strategies

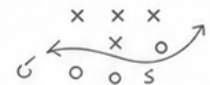
When I feel myself getting triggered, I can use these 30-second strategies:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What helps me calm my body?



- _____
- _____
- _____



MY QUICK RESET PLAYS

- ☐ **BREATHE**
(STAR, 4-7-8, Box)
- ☐ **PAUSE**
(Count to 4)
- ☐ **NOTICE**
(My body signal)
- ☐ **CHOOSE**
(My best response)
- ☐ **REFOCUS**
(What matters most)



3. HALFTIME

Reset & Refuel

When I need a reset during the day, I can...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

MY HALFTIME HABITS



I step away to:

I refill my energy by:

I remind myself:

- _____
- _____



4. POSTGAME

Recover & Reflect

After a tough day or difficult play, I choose to...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

MY RECOVERY GAME PLAN

I reflect on:

I let go by:

I celebrate:



MY TOP 3 TRIGGERS

- 1 _____
- 2 _____
- 3 _____



MY TOP 3 REGULATION STRATEGIES

- 1 _____
- 2 _____
- 3 _____



MY COMMITMENT: I will keep my head in the game by _____
so I can show up for **every student, every play, every day.**



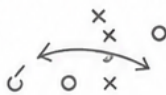


YOUR NEXT CONVERSATION



SIMPLE SENTENCE STEMS

Inspired by Jefferson Fisher



GET CLEAR *Start with clarity and calm.*

- What I need is _____
- What I mean is _____
- Let me be clear _____
- Here's the truth _____
- The reality is _____
- What I see is _____
- What I've noticed is _____
- What I want is _____
- What I'm asking is _____
- I need you to know _____



STAY CALM *Keep your composure in the moment.*

- I'm not trying to be difficult, but _____
- I can see this is important to you, and _____
- I hear you, and here's what I think _____
- I understand how you feel, and _____
- I'm staying calm because _____
- I want to understand, so _____
- I'm not upset, I'm just _____
- I'm focused on _____
- I'm choosing to respond, not react, by _____
- Can we slow down for a second _____



MOVING FORWARD *Find solutions and keep it moving.*

- Here's what I'm thinking _____
- What I'll do is _____
- Let's figure out _____
- What matters most right now is _____
- We can handle this by _____
- I'm committed to _____
- Let's move forward with _____
- Here's my plan _____
- I'll follow up with _____
- Thank you for _____



THE GOAL:

Stay calm. Get clear. Find solutions. Keep your head in the game.

