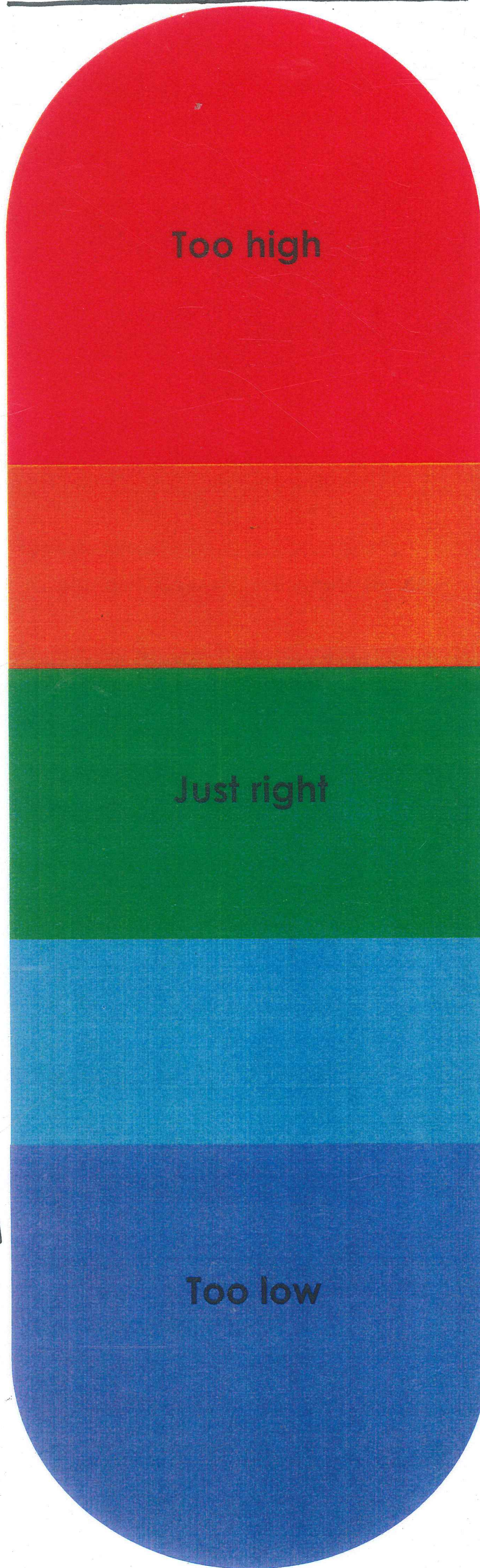


At Grove we use the Emotional Regulation Barometer to help children engage in learning...

... If they are RUNNING at 'too high'...



... We encourage them to "feel their heartbeat".
... talk about operating 'too high' or 'too fast' for learning or becoming a 'strong' or 'powerful' learner.
... chat about ways to 'slow' using the barometer as a visual guide.
'coming down'
'sit still with a liquid timer'
'do 'move to learn' finger warm-ups'
'breath with hands on tummy'
'read a 'slowing' story together'
'have a drink of water'

... Encourage 'Just Right' by noticing when it is operating...

... 'I notice that you are working and learning well'
... 'You are operating at 'Just Right on the Barometer and becoming/ being a powerful learner.'

... If children RUN at 'too low' they are not engaged in learning and show no purpose or disinterest, tiredness...

... Show the barometer and chat about the visual of 'moving up' to 'just right for learning'
... 'Move to Learn Rolling can bring us there, star-jumps'
... a quick obstacle course, 'bear hunt', snack/drink, one-on-one game can restart the body and brain for learning.

... Using the barometer with regularity with the barometer 'language' assists children in regulating their own emotions where they tune into their emotions and connect to learning