



WORKING THROUGH BIG EMOTIONS

RETURN

Get back to learning!

GO

Use your pause button
➔ Go to a safe place.

CALM

Breath, relax, and find your upstairs brain.

PLAN

Decide what you can do to work through it.

TEACH
CALMING STRATEGIES,
BUILD EMOTIONAL IQ,
& MODEL PROCESS WHILE
STUDENTS ARE IN THEIR
EXECUTIVE STATES.

IDENTIFY

Give your emotions a name.
Accept them for what they are.

