



Regulation Routines Map

Purpose: A simple, repeatable guide for designing routines that regulate students, staff, and space.

Core Routine Moments

This tool focuses on three key points in the day where regulation either begins or breaks down:

1. **Start-of-Day**
2. **Transitions** (between spaces or activities)
3. **After an Incident** (when dysregulation or conflict occurred)

How to Use:

Use this map in staff meetings, student support planning, or personal reflection. Fill in or customize for your classroom, team, or program.

Example:

<u>Routine Moment</u>	<u>What Students Do</u>	<u>What Adults Do</u>	<u>What the Environment Needs</u>
Start of Day	<ul style="list-style-type: none">• Greet or check in with staff• Engage in predictable opening activity (breathing, music, journaling, quiet task)	<ul style="list-style-type: none">• Greet each student by name• Use a calm tone and model regulation• Follow a consistent and visible flow	<ul style="list-style-type: none">• Calm entryway (low sound, soft lighting if possible)• Visual schedule posted• Optional regulation stations or movement space
Transition Routine	<ul style="list-style-type: none">• Pause and prep• Use optional regulation strategies (movement, fidget, breathing)	<ul style="list-style-type: none">• Give clear preview of what's next• Narrate the transition using calm tone and steps• Offer simple choices for regulated transition	<ul style="list-style-type: none">• Predictable signals (countdown, chime, hand signal)• Access to movement space or calm-down option
Post-Incident Routine	<ul style="list-style-type: none">• Return to baseline with support• Reconnect with adult• Engage in a simple reflection or repair step	<ul style="list-style-type: none">• Use the RRR process: <i>Regulate → Relate → Reason</i>• Restore dignity through connection and repair	<ul style="list-style-type: none">• Debrief tool or script visible• Optional "calm re-entry" space or routine• Materials that promote reflection (visuals, worksheets)



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How to Use:

At a staff meeting or PD:

- Pick one routine to focus on (say: transitions)
- Ask your team:
 - What are our kids doing during transitions now?
 - What are we doing?
 - What does the space need?
- Build a shared routine that everyone agrees to practice

Routine Moment

What Students Do

What Adults Do

What the Environment Needs

Start of Day

Transition Routine

Post-Incident Routine