



# 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:

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





## TRAUMA INFORMED TOOLS

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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

<u>Routine Moment</u>	<u>What Students Do</u>	<u>What Adults Do</u>	<u>What the Environment Needs</u>
Start of Day			
Transition Routine			
Post-Incident Routine			

