

3 STEP PLAN TO REGULATE BEFORE YOU SNAP

1

STEP 1 - NAME IT

Name what's happening — out loud or in your head.

"My body feels tight."

"I'm getting overloaded."

"This is too much right now."

Why: Naming brings awareness and gives your brain a cue that you're stepping in to self-regulate.

2

STEP 2 - GROUND IT

Bring your body back into safety - fast.

Try one of these:

- Press your feet firmly into the ground
- Put one hand on your chest, one on your belly - Say "I am safe. I am here."
- Splash cold water or hold a cool object

Why: Grounding helps interrupt the fight-flight-freeze pattern and signals safety to the nervous system.

3

STEP 3 - CHOOSE IT

Take a small, empowering action.

Choose connection over control:

"I'm going to step away for 30 seconds and breathe."

"I'll say less right now - and return with calm."

"We'll restart this moment."

Why: It shifts you from reactive to responsive without needing perfection.



3 STEP PLAN TO REGULATE WHEN THEY SNAP

1

STEP 1 - NAME IT

Help them say what they feel

- "You look frustrated. Is that how you're feeling?"
- "I wonder if this is a scared feeling. Do you think it might be?"

Why it works: Naming feelings takes the power out of them. It makes the invisible visible.

2

STEP 2 - GROUND IT

Bring their body back to safety

- "Let's hold hands and press our feet into the ground like we're growing roots."
- "Can we breathe like we're blowing up a balloon together?"

Why it works: Regulating the nervous system comes before reasoning. This is co-regulation in action.

3

STEP 3 - CHOOSE IT

Give them an empowering action

- "Want to jump it out or draw it out?"
- "Let's pick a card or create our own calm-down activity."

Why it works: When kids feel in control of their response, they build confidence and resilience.

