

Classroom Energy Regulation Checklist

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1. Environment Setup

- Visual clutter reduced – clear walls, organized materials
- Designated calm corner or regulation space
- Predictable visual schedule posted at student eye level
- Quiet sensory tools available (fidgets, headphones, weighted items)

2. Teacher Energy Check-In

- Took 30–60 seconds to breathe before students arrived
- Set a clear intention for the day (“I will model calm... I will stay present...”)
- Identified personal triggers and planned a regulation strategy
- Practiced coherence breath during transitions

3. Student Regulation Supports

- Morning check-in routine (thumbs-up, colors, visuals, or journal)
- Movement breaks built into the schedule
- Sensory needs anticipated (noise, seating, temperature, textures)
- Clear, simple expectations reviewed consistently
- Positive reinforcement used to highlight effort and growth

4. Emotional Climate of the Room

- Tone of voice kept slow, warm, and steady
- Directions delivered in short, simple steps
- Acknowledged student emotions without judgment
- Modeled regulation (“Let’s pause and breathe together...”)
- Celebrated small wins and moments of connection

5. Flow & Transitions

- Gave advance warnings before switching tasks
- Used consistent transition cues (lights, chimes, hand signals)
- Provided choices to support autonomy when possible
- Paused to reset the room when energy rose too high

6. End-of-Day Reflection

- What felt regulated today?
- Which moments felt dysregulated?
- What supported calm?
- What can I adjust for tomorrow?

[A regulated classroom begins with a regulated Teacher.]