



Getting Ready to Learn:

Calm Classrooms, Self-Regulation, and other ways to fill the gaps

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Adverse Childhood Experiences (ACES)

Yes we have children who come to school who aren't ready to be students. It's likely because of the number of ACES they have experienced or continue to experience. The original ACE Study was conducted at Kaiser Permanente from 1995 to 1997 with two waves of data collection.

- ❖ *Over 17,000 Health Maintenance Organization members from Southern California receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behaviors.*
- ❖ *The CDC continues ongoing surveillance of ACEs by assessing the medical status of the study participants via periodic updates of morbidity and mortality data.*
- ❖ *Print: <http://www.ncjfcj.org/sites/default/files/Finding%20Your%20ACE%20Score.pdf>*

Adverse Childhood Experiences

Start where you are.

Use what you have.

Do what you can.

- Arthur Ashe

Systemic Change Is the Most Powerful

There are easy to implement strategies and programs that can change a classroom and a student's life.

- ❖ Provide calm and structured classrooms and schools
- ❖ Teach self control
- ❖ Provide quality teaching (That's a different presentation.)

All students need:

Access to social services and medical care as needed

Kind and consistent relationships

Adults who see a path to their success

Clear and consistent rules and routines

Experts at routine and engagement

Teachers who break down tasks with clear directions



The importance of learning self control.

- ❖ Behavior management: you have it or you don't
- ❖ What's the difference between good behavior management and teaching self control?

Behavior Management Components

- ❖ Clear expectations
- ❖ A clear attention signal
- ❖ Regular positive recognition of each student stated and posted
- ❖ Play a game requiring students to focus every day 2-3 times a day with a release of energy at the end, reading daily 5 building stamina (*this teaches self control*)
- ❖ Have fun with your students multiple times a day
- ❖ All must be done with fidelity



Calm and Structured Classrooms - What's Present and What's Missing?

Take a moment to think about your classrooms and which of the components are present and which aren't. What steps can you take to methodically include these components?

Zones of Regulation Plus

Zones of Regulation shows the power of learning how you feel, what you think, and how you can change it.

The four zones and learning self control plus

- ❖ *Blue - brain and body moving slow - sad, sick, tired*
- ❖ *Green - brain and body good to go/ready to learn - happy, calm*
- ❖ *Yellow - brain and body are moving too fast - disappointed, excited*
- ❖ *Red - brain and body are out of control - angry, over the top excited*

Counselors

- ❖ Deliver the introduction to classrooms or a small group
- ❖ Assist teachers with classroom set up

Teachers and special educators

- ❖ Set up rules about what can be done in their classrooms
- ❖ Set up areas with tools to help

Students learn

- ❖ The four zones
- ❖ That they can recognize the four zones, how they feel, *notice what they are thinking*, and do something about it

Think time and Partner share

What programs or ideas do you have in place that are:

Already working

Need improvement

Missing

What do you need to need to become a school where students with ACEs are able to learn?



I wish it were easier but...

- ❖ *Counselors really do have a special place. Other staff don't have the same ability to understand personal social material and it's components. Refer to a psychologist, teach an initial Zones of Regulation lesson in his/her own way because s/he understands the words and motions your students need.*
- ❖ *Teachers must repeat the concepts taught. As much as I wish my 30 minute lesson would change their life, it's the daily practice, literally incorporating it into classroom routines.*
- ❖ *Principals must support the counselors program and vice versa. Ideally you've agreed on the focus. Together you will be able to impact the school culture and climate, classrooms, and student's lives.*

"You miss 100% of the shots you don't take."

- Wayne Gretzky