



Activity 2

Co-Regulation – Recognizing Freezing and Boiling Points

Objective:

- Reflect on circumstances that make you feel out of control and overwhelmed or ones that relax you to the point of stopping you in your tracks.

Steps:

1. Print a copy of the Freezing and Boiling Point Handouts for each participant.
2. Ask the participants to think about the prior month.
 - What things made them upset, out of control, and overwhelmed (i.e. having to teach my child while working from home)?
 - What things made them relax, but also froze them from the outside world (i.e. checking social media)?
3. Discuss:
 - Sometimes when we are in either of these extremes, we need to recharge our batteries. It may be finding alone time, doing some breathing/grounding exercises, doing something we love, or pausing to see the big picture.
 - Co-regulation is about helping someone else regulate. In order to be prepared for this, we need to self-regulate first.
4. Ask participants to think about how it would be useful in their work with students to identify these extremes.



HANDOUT for Activity 2

Recognizing Freezing and Boiling Points

