



Supportable Solutions Book Club Professional Learning Community

Regulation And Co-Regulation Accessible Neuroscience And Connection
Strategies That Bring Calm Into The Classroom

Introduction and Chapter 1

Professional Learning Book Club Reflection Sheet

Before the Meeting

Key Quotations: Highlight 1-2 quotations from the chapter that resonated with you.

Connections: Did any part of the reading remind you of personal experiences, other readings, or discussions?

New Discoveries: What new idea(s) did you uncover in your reading?

Questions & Curiosities: What are you wondering about after reading?

Questions for the Group: List questions you'd like to discuss with the group.

During The Meeting

Group's Key Discussions: Summarize 2-3 main topics or themes the group focused on.

Surprising Insights: Were there any points raised by others that surprised you or gave you a new perspective?

Personal Takeaways: What new learning did you gain from the group discussion?

After the Meeting

For Further Exploration: Any topics you'd like to research or read more about based on the discussion?

Action Steps: Based on your reading and discussion, list any steps you plan to take or concepts you want to implement.

Implementation Plan: What supports do you need to implement your action steps? What barriers could exist?

Feedback for the Next Meeting: Any suggestions for the next session?

Open Reflection

A space for any additional thoughts, doodles, diagrams, or reflections that don't fit into the above categories.

Chapter 2 & 3

Professional Learning Book Club Reflection Sheet

Before the Meeting

Key Quotations: Highlight 1-2 quotations from the chapter that resonated with you.

Connections: Did any part of the reading remind you of personal experiences, other readings, or discussions?

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Copy of Chapter 4 & 5

Professional Learning Book Club Reflection Sheet

Before the Meeting

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Chapter 6 & 7

Professional Learning Book Club Reflection Sheet

Before the Meeting

Key Quotations: Highlight 1-2 quotations from the chapter that resonated with you.

Connections: Did any part of the reading remind you of personal experiences, other readings, or discussions?

New Discoveries: What new idea(s) did you uncover in your reading?

Questions & Curiosities: What are you wondering about after reading?

Questions for the Group: List questions you'd like to discuss with the group.

During The Meeting

Group's Key Discussions: Summarize 2-3 main topics or themes the group focused on.

Surprising Insights: Were there any points raised by others that surprised you or gave you a new perspective?

Personal Takeaways: What new learning did you gain from the group discussion?

After the Meeting

For Further Exploration: Any topics you'd like to research or read more about based on the discussion?

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Implementation Plan: What supports do you need to implement your action steps? What barriers could exist?

Feedback for the Next Meeting: Any suggestions for the next session?

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Chapter 8 & Conclusion

Professional Learning Book Club Reflection Sheet

Before the Meeting

Key Quotations: Highlight 1-2 quotations from the chapter that resonated with you.

Connections: Did any part of the reading remind you of personal experiences, other readings, or discussions?

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Additional Resources

Co-Regulation

Model a calm body & calming strategies

Remember all feelings are okay

De-escalation is the goal

How? Actively listen

Avoid threats of punishment, consequences, and redirection

Provide validation & empathy

Be aware of your sensations, emotions, thoughts, body language & nervous system states

Focus on the student's feelings

Why?

"In all situations it is my response that decides whether a crisis will be escalated or de-escalated or a child humanized or de-humanized."
- Dr. Haim Ginott -

"Connection calms."
- Dr. Dan Siegel -

"Emotional co-regulation with caring adults leads to successful self-regulation."
- Dr. Mona Delahooke -

SUPPORTABLE Solutions™

[Let's Talk Regulation & Co-Regulation with Ginger Healy](#)

[We Gotta Regulate to Educate!](#)

[Create a Calming Corner: Tools to help kids regulate their emotions](#)

[Chatty Chats with Stacy: Ginger Healy](#)

[Regulation and Co-regulation...Students Don't Always Choose Their Behavior](#)

[🔗 Ginger Healy - Trauma Informed Educators Network](#)

[🔗 Ginger Healy Interview - Regulation and Coregulation](#)