

## Reflective Activity: Moments of the Day

Think back over the events of your day today. Can you recall moments when you were in the “just right” zone? What was happening in that moment? What interactions were occurring between your students and yourself? What was going on in the environment? Use the tools below to think back over your day and identify when you were “just right,” when you felt yourself move into the “fight or flight” zone, and when you might have felt yourself fall into the “freeze zone.” Can you recall a situation in which you were “co-regulated” with a student you were working with?

<b>Fight or Flight Zone Moments</b> _____ _____ _____	<b>Just Right Zone Moments</b> _____ _____ _____
<b>Co-Regulation Moments</b> _____ _____ _____	<b>Freeze Moments</b> _____ _____ _____