

## Multi-Levelled System of Support in Schools

Universal	Targeted	Intensive
<p>Explicitly teaching Self Regulation Skills</p> <p>Using Braindrops Model</p> <p>Modeling your own Self-Regulation</p> <p>Be the Hippocampus, Share Information about what's going on</p> <p>Naming your own feelings</p> <p>Authenticity</p> <p>Learning Tools</p>	<p>Attunement</p> <p>Guiding through Body Movements</p> <p>Regulation space available</p>	<p>Safety First</p> <p>Allowing the time needed to move through the experience and regulate.</p>