

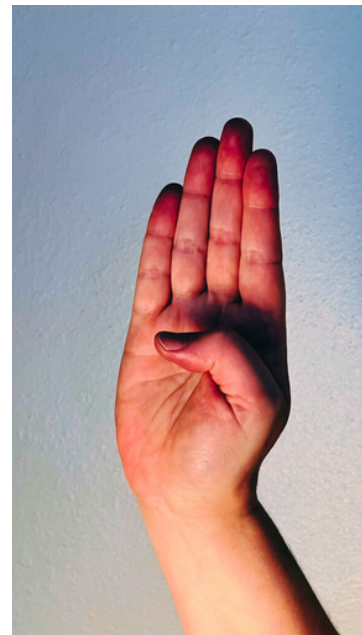
Hand Signals for Brain States



I'm regulated and ready to learn!



I'm feeling dysregulated so it's harder to think, plan, and learn.



My lid is flipped—I need support *right now* to help me.



Ways to Use the Hand Signals to Communicate About Brain States in Your Classroom



After teaching the hand signals, invite (don't force) the group to show you their brain states at various transition times during the day. Encourage youth to make individual adjustments that will help them *get regulated*. Different things work for different folks.



Make a class anchor chart listing supportive things to say/do when peers are dysregulated. Then after lunch, break, an intense discussion, or time of frustration, encourage youth to show a partner their brain state (if they want to). Listeners can try a response from the chart.



When you, as an educator, notice that a student may be dysregulated, privately ask them about their brain state. Then consider what you might offer to be of support. Keep in mind that folks may benefit from one set of things when they're a bit dysregulated and something else altogether when in a flooded brain state (e.g., lid flipped).

