

Supporting Your Group After a Student Flips Their Lid

1. *Acknowledge* what occurred (e.g., "A lot just happened, and it happened fast. It's understandable if you have a reaction to it in your body").
2. **Emphasize adults as** *nurturing protectors* (e.g., "Your classmate is getting the support they need. People here know how to help").
3. **Focus on** *feelings and needs* (e.g., invite your learners to write or share one "I feel..." and one "I need..." statement).
4. **Offer regulating** *brain break* options (e.g., try trauma-sensitive movements with your group).

