

The background is a light cream color with several abstract, organic shapes in muted orange and sage green. In the top left, there is a thin, dark green line drawing of a wavy, looping shape. In the top right, there is a thick, dark green wavy line. In the bottom right, there are four vertical dark green lines of varying heights. In the bottom left, there is a sage green shape filled with small dark green dots.

The Husky Hub Initiative

Empowering Students Through Emotional Regulation

Session Outcomes

The background features a light beige base with large, flowing organic shapes in a muted teal color. In the top right corner, there are thin, dark teal wavy lines. In the bottom left, there is a cluster of small, dark teal dots of varying sizes. In the bottom right, there are five vertical, dark teal bars of equal height.

1. Discover how to implement an effective schoolwide emotional regulation space to support students' social-emotional needs
2. Receive strategies to teach students how to recognize and manage their own emotions including calm-down techniques and reflective conversations
3. Become equipped to create a structured process for helping students transition from emotional challenges to productive problem-solving

Alpha Hart Lewis Elementary



of students: 459

62 % Free or Reduced Lunch

of Students with IEP: 72

of Admin: 3

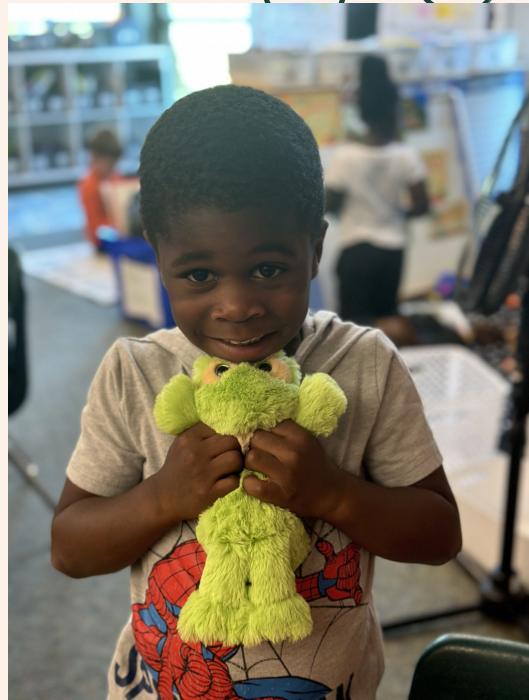
of Teachers: 39

Our Why

To empower to learn how to self regulate to help build emotional intelligence, skills, decrease the amount of suspensions, alternative to class removal, teaching them life skills,

Second grade was taking everyone's time and it wasn't sustainable, started just for second, they noticed that the amount of suspensions went down and they were able to make plans because they were more regulated, staff was less stressed, consistent expectations wasn't the strongest team so it helped with the creation of safety

A non punitive way of behavior correction that utilizes key elements of PBIS alongside aspects of Restorative Practices to teach relational skills to students.



Zones of Regulation

WHAT ZONE ARE YOU?

BLUE	GREEN	YELLOW	RED
			
SAD SICK TIRED BORED MOVING SLOWLY	HAPPY CALM FEELING OK FOCUSED READY TO LEARN	FRUSTRATED ANNOYED WORRIED SILLY/WIGGLY OVER-EXCITED	MAD/ANGRY MEAN HITTING YELLING OUT OF CONTROL

walking Think Sheet

1

Breathing Zone



2

Stations



3

Process



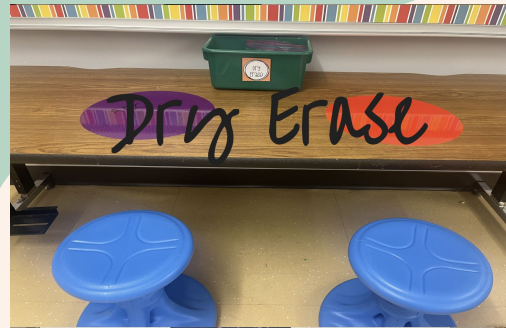
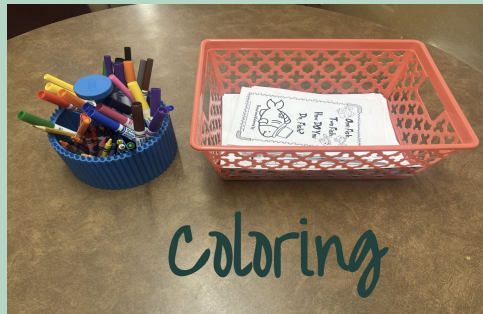


1. Breathing zone

The first stop in the Husky Hub. Here students will choose a breathing strategy, and try to identify what zone they are in.

2. stations

Students will start a 5 minute timer, and take it to the station of their choice.



3. Process

We have the opportunity to to help our students:

- Recognize their triggers
- Identify feelings
- Take ownership of their choices.
- Learn Strategies

Repair

Restorative Practices teaches us that one of the biggest ways we can change behavior is by helping our students understand the impact their actions have on others.

Ways to repair:

- Apology
- Changed behavior
- Community Service

Husky Hub Steps

01

DEEP BREATHS

Walk to Husky Hub and take deep breaths.



02

ZONE

Choose your Zone.



03

CALM

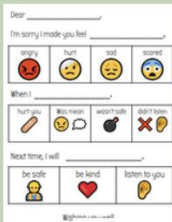
Choose a calm down strategy



04

MAKE IT RIGHT

Decide how you are going to make things right.



05

FRESH START

Head back to class and get a fresh start



They just keep coming...

Students who appropriately self-refer are encouraged to do so.
(This serves as a Tier 2 intervention)

For those referred by teachers:

- **1st visit:** chance to reset
- **2nd visit:** This indicates that we're still having a hard time meeting expectations. To get back on track, we'll need to show learner behavior moving forward—and may owe recess as a result.
- **3rd visit:** team focus

Communicate with phone calls home when appropriate.

Handouts

Referral Sheet

Return Sheet

Husky Hub Log

Helpful phrases

Zones of Regulation

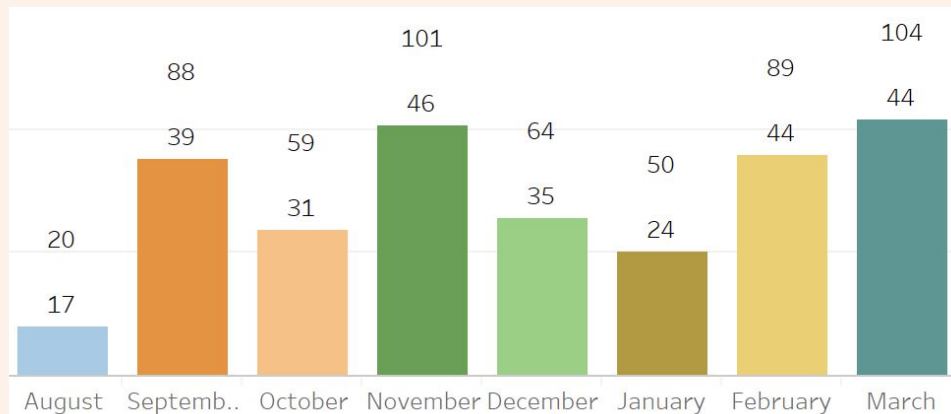
HH Flow Chart

Student Presentation

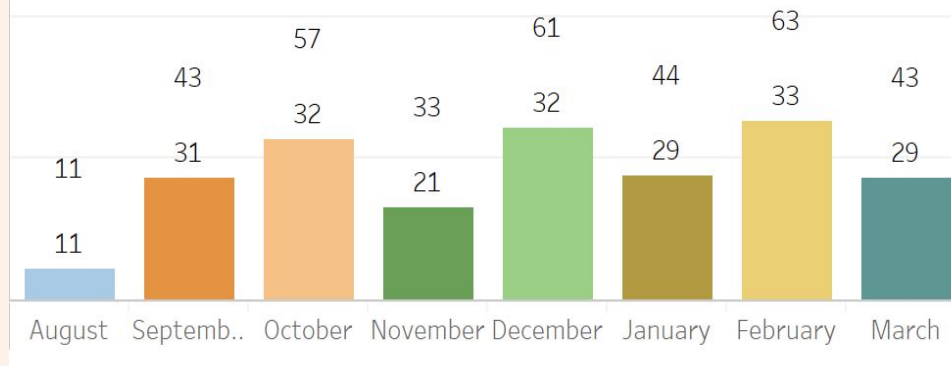


Data

2023-2024



2024-2025

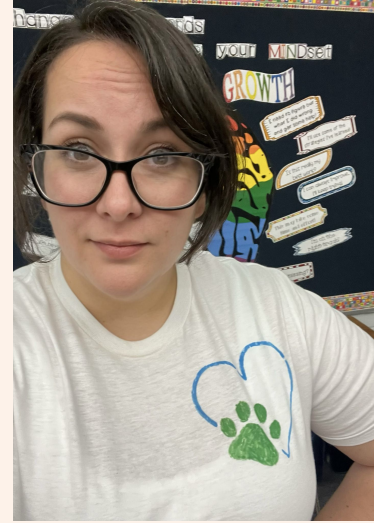


Questions???





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Psst... don't forget to take the survey!