

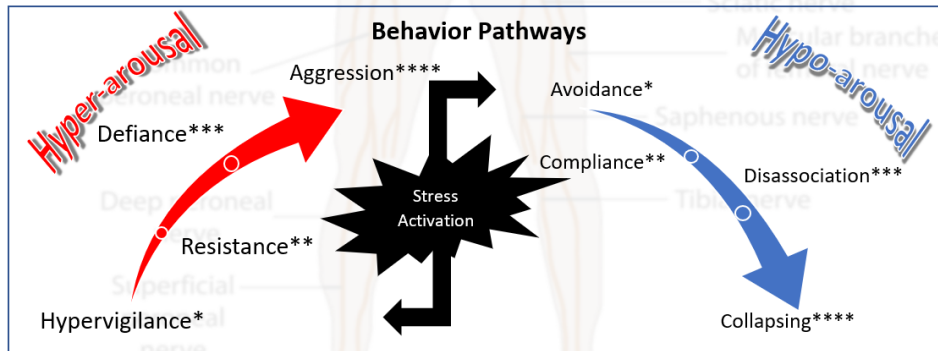


Behavior Pathways Mapping

Making sense of what happened

- What is my experience in the moment? What negative beliefs might they be carrying?
- Is there escalation? Are there any potential causes of escalation? Not being met where they are, Not responding to here and now, Not feeling felt, seen or heard.
- Can they process the information? What brain state might they be in?
- What is their behavior telling me about their arousal state and perception?

Avoidance, Compliance, Disassociation, Collapsing
Hypervigilance, Resistance, Defiance, Aggression



Making Sense of Behavior

ALERT*	ALARM**	FEAR***	TERROR****
On-guard	Charged	Reactive	Out of Control
"Did I hear something?"	"I definitely heard something!"	"It's coming for me!"	"It's got me I'm going to die!"
Community	Process inaccurately	Everything's a threat.	I'm trying to stay alive.
Concrete	Emotional, Hours/Mins, Family	Mins/Seconds, Self	No sense of time, Body integrity

Hyperarousal

Window of Tolerance

Hypoarousal

What do I do about it?

Am I modeling alternatives that match where the energy is going and that work in the classroom?

How might I meet them where they are?

How can I be an external regulator?

How might I balance challenge and support so they can stay in their learning zone?

- Top-down or bottom-up approaches
- Brain-aligned strategies
- Asking myself “What is my experience and what do I need?”

Other questions to consider:

Are there any skills that they might be missing?

- Interoceptive awareness, other self-regulation skills

Do they know what works to regulate themselves?

Do they have access to regulation that works for them?

How might I inadvertently be reinforcing negative beliefs?

What's my plan?