

Sample Lesson Plan to Reintegrate a Dysregulated Student



Interactive Read Aloud

Total time allotted: 45 minutes

SEL Strategy:

Reappraisal when dysregulated student is in the room or for one-on-one reflection.

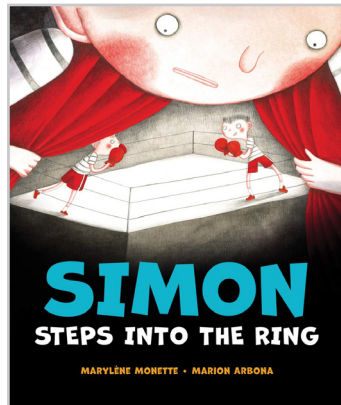
Genre:

Realistic

Mentor Text:

Simon Steps into the Ring

by Marylene Monette



Important Vocabulary to Review:

- *Dysregulation*: When our emotions get too big for our bodies. It can look like crying, being destructive, or yelling.
- *Condemned*: Found guilty and going to get into trouble.
- *Frenzy*: Whirlwind of many big emotions at once.
- *Consequence*: The result of your actions. It might be positive (rewards) or negative (punishments) depending on what your actions were.

Before Reading Discussion:

5 minutes

We are going to meet a character who has just gone through dysregulation and is reflecting on his experience of having his emotions get out of control.

During Reading Discussion Questions:

25 minutes

- Have you ever experienced a moment like this?
- Why might Simon be reacting this way?
- Why does Simon have many different sides to himself?
- Did Uncle Richard surprise you? What things were unexpected?
- What has changed since the beginning of the story?

After Reading Discussion and Activity:

15 minutes

I would like you all to take a moment to write about (or draw for younger students) how this story connects to what we experienced earlier today.

Some things you can write/draw about are:

- What are your emotions right now?
- What are some of the boxers living inside you right now?
- Which boxers do you prefer? Which boxers are harder to manage?
- What boxers show up at school the most? At home?

Display these questions for all to see while they reflect. Pictures or suggestion words may be added to help students get their thoughts across.

This is a great opportunity to circle around and check in with the dysregulated student. Ask if they need a breather or break and rebuild rapport while keeping expectations firm.