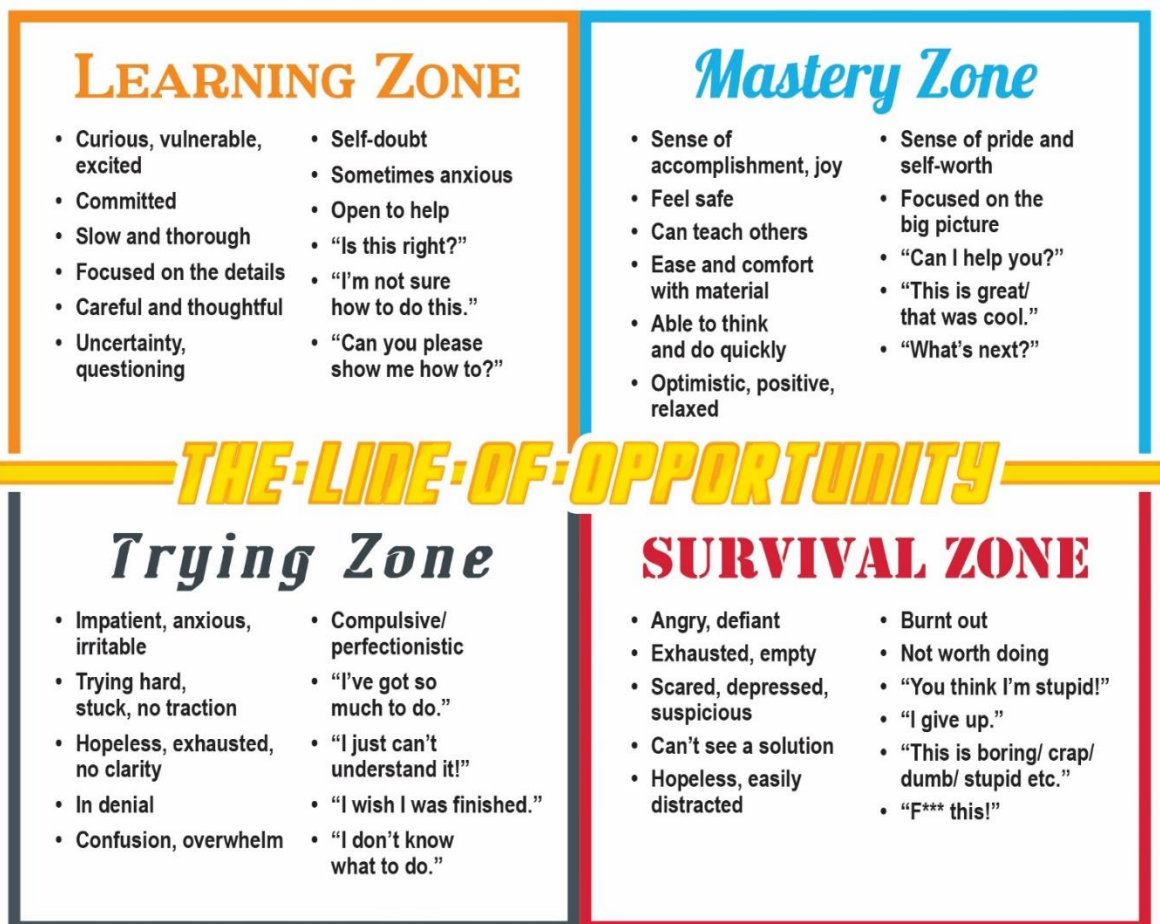


Key Reboot Language and Tools

1. Quadrants of Engagement



2. Line of Opportunity


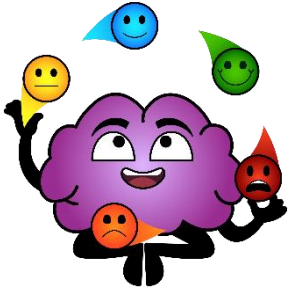
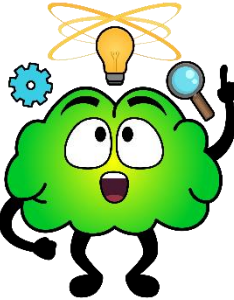
The Line of Opportunity divides learning anything in life into an efficient or challenging experience. When we are below the Line of Opportunity, we hijack our capacity to make the most of our opportunities. It can feel frustrating, hopeless, and like you are dumb, stuck or 'no good'. Crossing the Line of Opportunity implies you have the clarity, support and willingness to stay engaged, despite any anxiety or self-doubt you might feel. The growth and experiences above the Line of Opportunity can help us to feel satisfied, capable and pleased. Sometimes we don't cross the Line of Opportunity because we aren't willing and other times as might not be capable or have enough support.

As a parent we can emphasize the role we play to help our children address any anxiety or fears that cause them to slip from the Learning Zone.

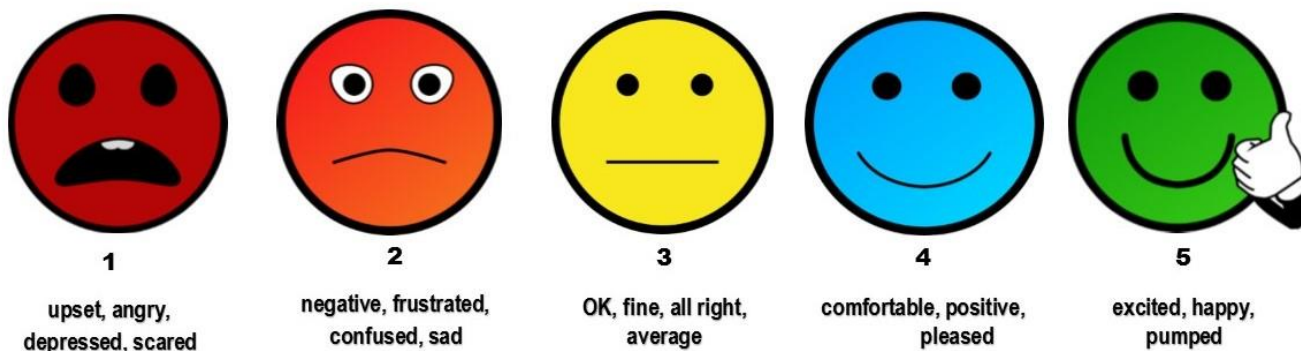
3. Become 'stress-aware'

Which brain are you in?

What do you need to "feed" the brain/s?

Brain	Brain 'food'
 <p data-bbox="392 1077 579 1115">Wild Brain</p>	
 <p data-bbox="341 1473 630 1512">Emotional Brain</p>	
 <p data-bbox="379 1888 592 1926">Smart Brain</p>	

4. Improve self-regulation



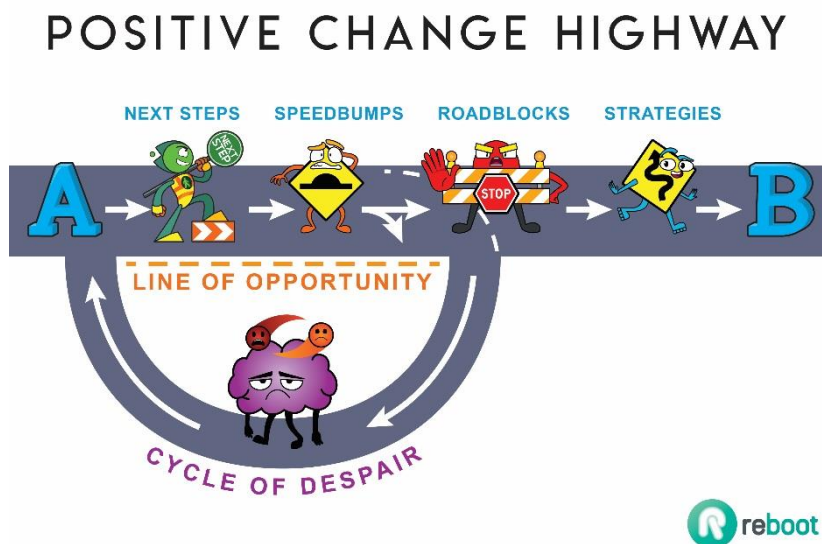
What number are you? OR How are you feeling today?

What do you need to feel better? OR What could you do to feel better?

How do you feel now?

- Check-in at breakfast or before any event
- Debrief at the end of a day
- To support conflict resolution, or in support of discipline practices
- To help address student anxiety or tantrums

5. Change Highway



Identify goals (next steps) and the inevitable speedbumps and roadblocks that may be encountered as well as strategies to address them. Celebrate success and effort with the Wall of Awesome.