



READY TO LEARN PLANS

Ajuga School

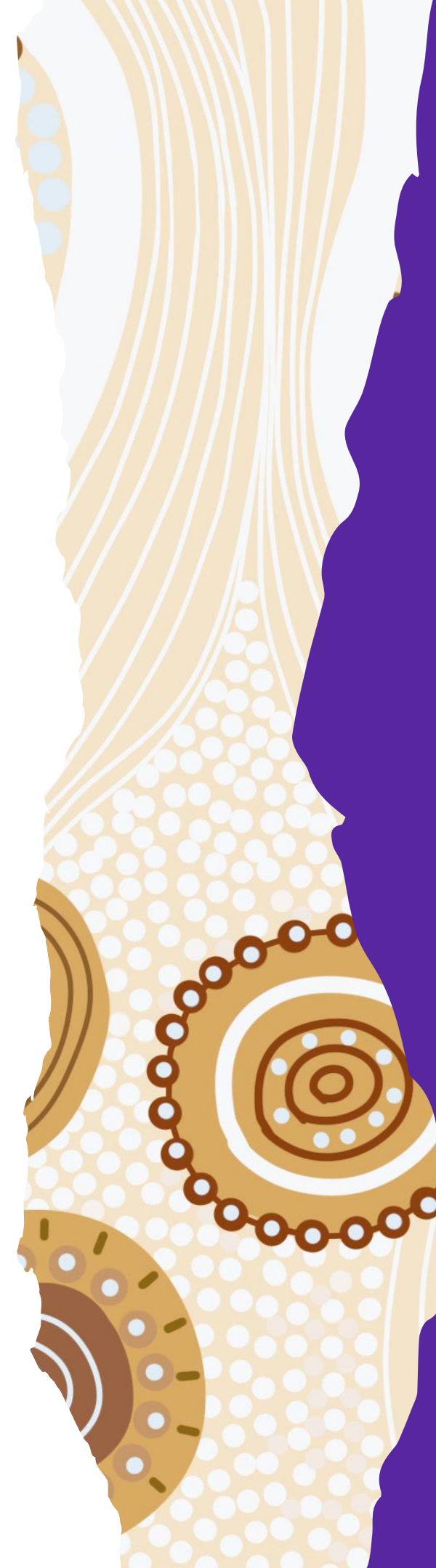


Acknowledgment of COUNTRY

Our team would like to recognise and acknowledge the land of the Gadigal clan of the Eora Nation on which we meet today.

We are here today from Ajuga School which is situated on Dharawal Country. At Ajuga we utilise trauma responsive approaches, acknowledging the intergenerational trauma our Aboriginal students and their families have experienced, and work hard to foster reconciliation.

We pay respects to Elders past and present, as they keep our true history and traditions alive on this land which always was and always will be, Aboriginal land.



THE *Team*





Overview

LEARNING INTENTION

By the end of this workshop you will be able to understand the purpose of a ready to learn plan, and have the tools to implement a ready to plan with your students

what is a

READY TO LEARN PLAN?



Ready to Learn
PLAN

NAME: Joshua

CLASS: 5th

I feel angry or anxious when this happens:

When people are annoying me - calling me names.	When people talk over me.	When I think I might have to go home (suspension) stop (punishment)	When I don't get enough sleep.
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This is what my brain feels like when I am angry:



The diagram illustrates the 'Window of Tolerance' model of emotional regulation. It is a circular chart with four quadrants, each representing a different state of mind or emotion. The central area is labeled 'Window of Tolerance'. The quadrants are:

- FIGHT (Red Quadrant):** Includes 'Fast Heart', 'Fidgety', 'Irritable', 'Tense', 'Threatened', 'Disappointed', 'Confused', and 'Numb'. It features a brain icon with a lightning bolt and a sad face emoji.
- FLIGHT (Yellow Quadrant):** Includes 'Restless', 'Nervous', 'Trapped', 'Panic', 'Startled', 'Flighty', 'Humiliated', 'Anxious', and 'Weak'. It features a brain icon with a lightning bolt and a sad face emoji.
- FREEZE (Blue Quadrant):** Includes 'Frozen', 'Still', 'Numb', 'Confused', 'Disappointed', 'Threatened', 'Tense', and 'Irritable'. It features a brain icon with a lightning bolt and a sad face emoji.
- Window of Tolerance (Green Quadrant):** Includes 'Balanced', 'Peaceful', 'Calm', 'Happy', 'Grounded', 'Restless', 'Nervous', 'Trapped', 'Panic', 'Startled', 'Flighty', 'Humiliated', 'Anxious', and 'Weak'. It features a brain icon with a lightning bolt and a sad face emoji.

 The outer ring of the circle is decorated with various emojis representing different emotional states: happy, sad, angry, surprised, and neutral.

When I feel angry or anxious my body feels like:	Some things I can do to help myself regulate are:
	<p>have something to eat or drink.</p> <p>have a movement break. - I like to run or climb.</p> <p>Ask for some time and space</p> <hr/> <p>* colouring in</p> <hr/> <p>Go to the calm/back space.</p>
<p>My safe people are:</p> <p>My mum, dad, brother, sister (at home)</p> <p>Nadine and Sandra (at school).</p>	
<p>We will review this plan on:</p> <p>Term 3</p>	

The Ready to Learn plan is a proactive, relational and preventative tool developed with the students to support students through their escalation cycle, identifying triggers and support strategies.

Ajuga's Ready to Learn Plans have been developed and based off the Berry Street Education Model concept and adjusted for our context.

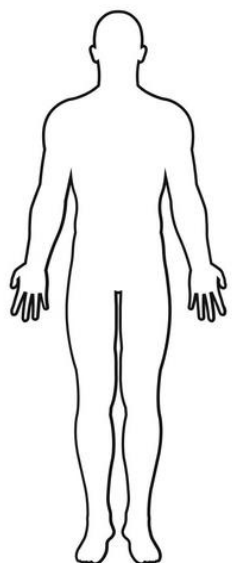
At Ajuga you will often hear staff say to students "follow your plan"
This shared language across the site provides consistent and
predictable routines for all staff and students, a cornerstone of trauma
responsive practice.

The RTLP is a tool to support student voice - formulated by the student in collaboration with classroom teachers and learning and support officers.

Let's get started!

READY TO LEARN PLANS

When I feel angry or anxious my body feels like:



Some things I can do to help myself regulate are:

My safe people are:

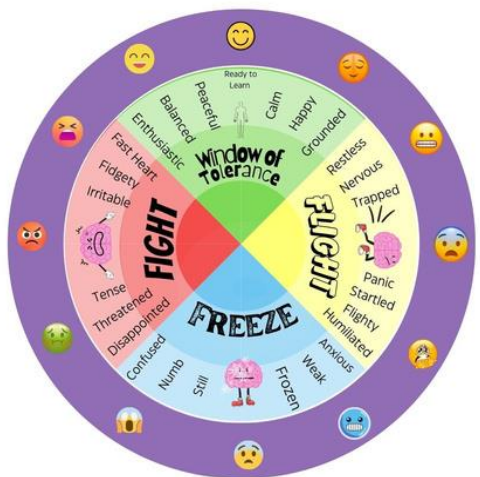
We will review this:

Ready to Learn PLAN

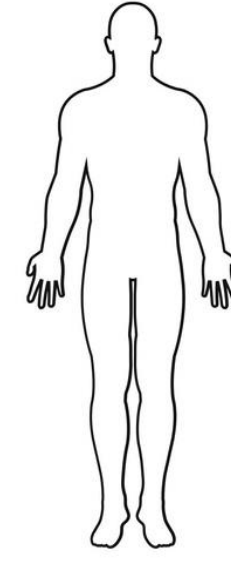
NAME: CLASS:

I feel angry or anxious when this happens:

This is what my brain feels like when I am angry:



When I feel angry or anxious my body feels like:



Some things I can do to help myself regulate are:

My safe people are:

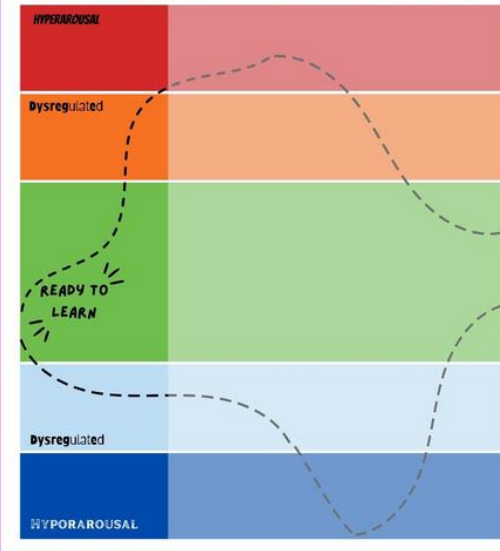
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Ready to Learn PLAN

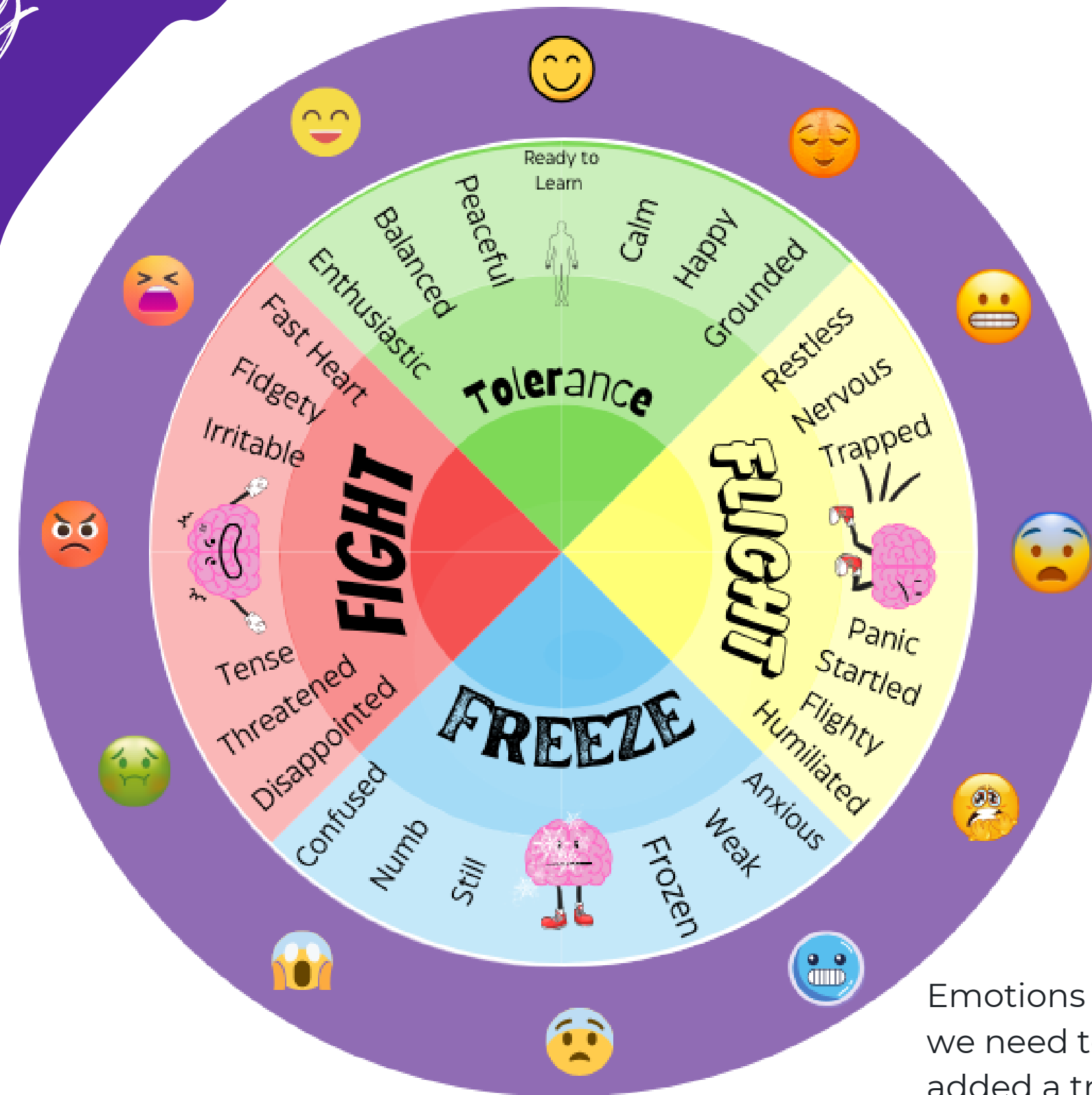
NAME: CLASS:

I feel angry or anxious when this happens:

My window of tolerance looks like:



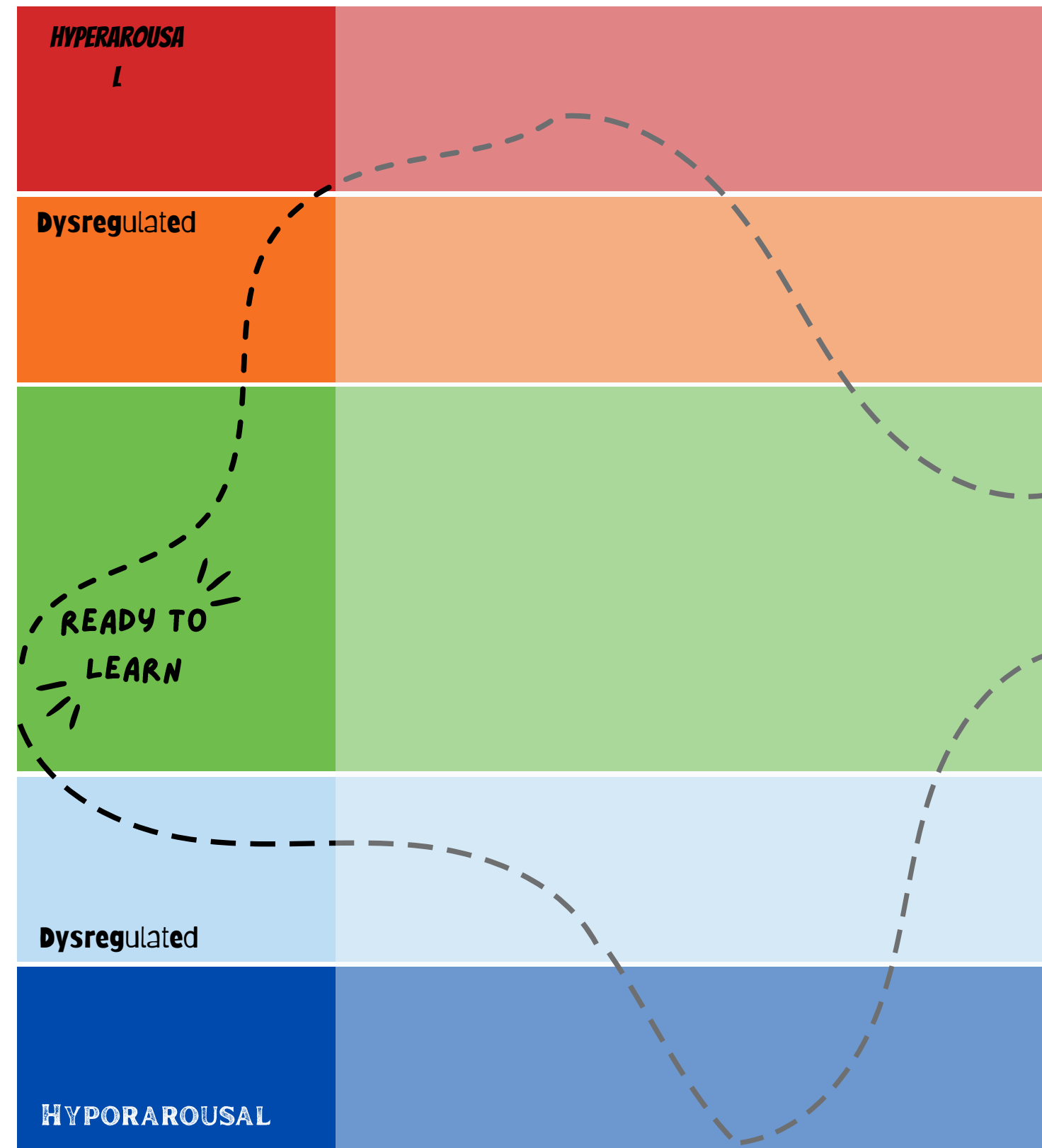
Emotional Literacy EMOTIONS WHEEL



Emotions Wheel provides the language of emotions that we need to explicitly teach to the students - we have added a trauma responsive element by linking in the fight, flight, freeze and window of tolerance language. - Please note some of the emotions will move across the colours - for more information on the emotions wheel - we will provide this in our supplementary packs that will be emailed to everyone that completes an exit slip

Emotional Literacy

WINDOW OF TOLERANCE

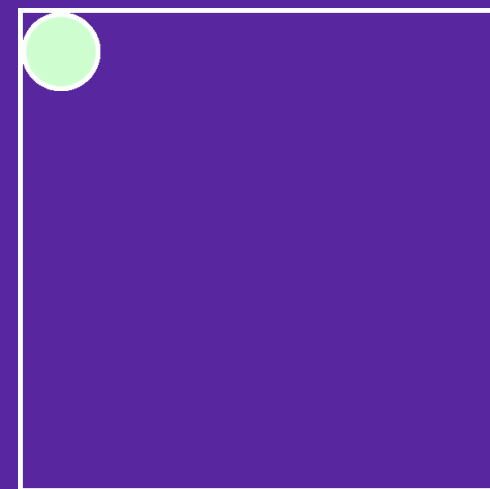


The Window of Tolerance is a model founded in Neuroscience, coined by Dan Siegel in his 1999 book *The Developing Mind*.

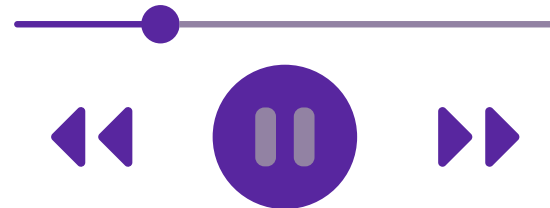
It offers a way of thinking about how we function optimally, in our various roles, and how to manage when heightened and emotions begin to have a negative impact.

Having students identify and map out their triggers of stress and escalation allows us to facilitate a plan to get students back into their 'Window of Tolerance' or 'Ready to Learn Zone'

Connecting vocabulary,
emotion and and physical
response



Let's Start



WORKSHOPPING



Exit glip



SCAN ME