Cultivating Calm in a Virtual Classroom: Self-Regulation Tools Online

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Today’s Plan...

- Why Cultivate Calm?
- What is Self-Regulation?
- Barriers to using SR in a virtual classroom
- Informal and Formal tools
- Questions and Concerns
‘Mindful Moment’

- Use this time to get centred
- Check-in, bring awareness to needs
- Screen Off Option
- Connect with Earth
- Posture
- Non-judgment
- Exercise led by instructor OR students (who are interested)
BREATHE
WHY CULTIVATE CALM?

Why...
- Connect?
- Care?
- Compassion?
THE TRIUNE BRAIN

- Reptilian Brain
- Limbic System
- Neocortex
Dan Siegel’s handy brain anatomy model

- Neocortex
- Limbic Brain
- Brain Stem

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The diagram illustrates the five domains of self-regulation:

1. Biological
2. Emotional
3. Cognitive
4. Social
5. Pro-social

These domains are interconnected, emphasizing the holistic nature of self-regulation.
HAVE NO FEAR. I WILL KILL IT WITH SWORDS!

Feeling...

Uncomfortable
Vulnerable
Defensive
Disbelief
Confused
Frustrated
Hungry
Tired
Distracted
Lonely

NEW CONCEPT
What does this look like in a face-to-face classroom?

Red Brain
- ex. Silence

Blue Brain
- ex. Asking deep questions
What does this look like in a VIRTUAL classroom?

**Red Brain**
- ex. Silence

**Blue Brain**
- ex. Asking deep questions
Interbrain

Face-to-Face

Virtual
HOW TO TAKE CARE OF YOUR MIND

- Shake out your emotions
- Journal out your thoughts
- Eat a rainbow diet
- Virtual hangout with friends
- Exercise for a happy mind
- Quick morning meditation
Take out paper and pen, journal or doodle:

How do we become aware of stress in a virtual classroom?

OR

What does awareness of stress in a virtual classroom look like as a practice?
We will be sharing back.

Take out paper and pen, journal or doodle:

What do we do to reduce stress in our virtual classrooms:
Informally?
Formally?
<table>
<thead>
<tr>
<th>Reflect</th>
<th>Reframe</th>
<th>Communicate</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Look at your lesson plan</td>
<td>• Looking bored?</td>
<td>• Check-in</td>
</tr>
<tr>
<td>• Re-centre, invite calm</td>
<td>• Camera off</td>
<td>• Invite communication</td>
</tr>
<tr>
<td>• Sprinkle resiliency</td>
<td>• Nodding? Ask if they get it – what do they need?</td>
<td>• Share your feelings/thoughts</td>
</tr>
<tr>
<td>• Are you regulated?</td>
<td>• This lesson or activity has always worked!</td>
<td>• Talk about your practice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Be available &amp; approachable, feedback</td>
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</table>
We all do well if we can!
What about your lid?
It’s a practice.
Time to let you go...

Email me with questions
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