



Activity 7.2

Co-Regulation – Recognizing Freezing and Boiling Points

Objective:

- Reflect on circumstances that make you out of control and overwhelmed or relax you to the point that stopping you on our tracks.

Steps:

1. Print a copy of the Freezing and Boiling Point Handouts for each participant.
2. Ask the participants to think about the prior month.
 - What things made them upset, out of control and overwhelmed (i.e. having to teach my child while working from home)?
 - What things made them relax, but also froze them from the outside world (i.e. checking social media)?
3. Discuss:
 - Sometimes when we are in either of these extremes, we need to recharge our batteries. It may be finding alone time or doing some breathing/grounding exercises, doing something we love, or pausing to see the big picture.
 - Co-regulation is about helping someone else regulate. In order to be prepared for this, we need to self-regulate first.
4. Ask participants to think about how it would be useful in their work with migratory students to identify these extremes.



HANDOUT for Activity 7.2

Recognizing Freezing and Boiling Points

