

# AUTISM NEWSLETTER

## Best Practices for Adding a “Regulation Station” to your Classroom



©2020 Think Social Publishing, Inc. All rights reserved. Adapted from The Zones of Regulation 2-Storybook Set

A Regulation Station is a non-punitive space and should not be seen as a negative by students. It is NOT a place to send a student when in trouble, rather a place to be to help them manage their Zones (feelings/energy/states of alertness).

- Consider coming up with a name for the regulation station together as a class to engage students in making it their own community space.
- The Regulation Station can be a strategy for ANY of the Zones. Some learners who are quick to go to the Red Zone may benefit from proactively using the Regulation Station as a Green Zone tool to support them maintaining a sense of wellbeing by giving their nervous systems a chance to relax.
- Spend time systematically teaching and practicing each tool that might be housed in the Regulation Station before adding it there.
- Establish expectations around how to use the Regulation Station, such as how many students, how often, appropriate use, clean-up and respect for materials in it. Some students may need to use it more frequently than others and this can be framed in a conversation around equity vs. equality.
- Placement suggestions- Preferably off to the side of the room, but not in back. Ideally where students can still see and hear instruction but not have to be right in the mix of it all. There is a balance between privacy and safety/inclusion.
- Expect all students to be curious when first introduced and give them time to explore. Set aside time for students to visit before officially opening it up for use.

## Thoughts on three types of Empathy by Justin Bariso

**Cognitive empathy** is the ability to understand how a person feels and what they might be thinking. Cognitive empathy makes us better communicators, because it helps us relay information in a way that best reaches the other person.

**Emotional empathy** (also known as affective empathy) is the ability to share the feelings of another person. Some have described it as "your pain in my heart." This type of empathy helps you build emotional connections with oth-

**Compassionate empathy** (also known as empathic concern) goes beyond simply understanding others and sharing their feelings: it actually moves us to take action, to help however we can.

*The above information is taken from an adapted excerpt from the book book, [EQ Applied: The Real-World Guide to Emotional Intelligence](#). To read the full article use the following link - <https://www.inc.com/justin-bariso/there-are-actually-3-types-of-empathy-heres-how-they-differ-and-how-you-can-develop-them-all.html>*

### STAR WEBINARS

Virtual - 3PM - 4PM  
March 1, 2022; May 3, 2021

These webinars are open to all MN educators who are using or planning to use the STAR curriculum. In these quarterly webinars, we will provide guidance on the steps of implementing STAR as well as share resources and answer individual questions.

<https://metroecs.u.myquickreg.com/register/user/register.cfm?eventid=16436>

### Upcoming Trainings

Practical Trauma-Informed Strategies to Reduce Anxiety in Students - March 8, 2022 AEP Connections [info@aepconnections.com](mailto:info@aepconnections.com)

MN Autism Conference - April 27 - 29, 2022

### ASD/DCD Cohort

For the 2021-2022 school year, the ASD/DCD Cohort will be virtual and in a new format. We will meet from 8:00 - 8:30 or from 3:00 - 3:30. Substitutes are hard to find ~ so just pick one of those times and join us as we support each other through networking, sharing stories and asking questions. **Please reply to this email if you would like to receive a Zoom link for the cohort meetings.** I will create a distribution list and send out the link as well as a reminder email a few days before the meeting. The dates are: Tuesday, March 1st, and Tuesday, May 3rd. Thank you for all of your hard work ~ I appreciate each of you!  
Lynne Petersen