

Reboot 7-Step Framework

	Step	Reboot Tools
WILD BRAIN	1 Create Calm	Establish a calm classroom by creating low stress physical learning environments, de-escalating hyper- and hypo-arousal, providing trauma and stress psycho-education and using 'bottom-up' and 'top-down' self-regulation methods.
	2 Connect + Belong	Create healthy relationships, a sense of being valued and belonging at school using secure attachment tools, healthy relationship lessons, team building and developing an embracing classroom culture.
	3 Get Centred!	Enhance self-awareness and empowerment through physical and mental mindfulness. Create a stable, self-responsible class.
EMOTIONAL BRAIN	4 Self-regulate	Improve self-regulation through emotional literacy and self-management, co-regulation and explicit self-regulation practices, and by supporting students to identify their needs.
	5 Grow Well	Foster the development of a positive sense of self and possibilities for the future by creating a culture of positive change, rewarding incremental successes, using small daily goals and celebrations, addressing self-sabotage and fear and building intrinsic motivation and problem solving skills. Create positive intention.
SMART BRAIN	6 Engage + Learn	Engage students through a trauma-informed pedagogy that uses extensive visual cues, narrative and emotional hooks, learning apprenticeships, kinaesthetic methods, stress-aware classroom practices and learning anxiety/vulnerability management.
	7 Meaning + Purpose	Prompt post-traumatic growth by finding meaning and clarity in past events, identifying values and what matters to the individual, developing a sense of unique purpose, finding pathways beyond school and fostering personal passion.