

# Redirect – Remind – Regulate – Reflect

1

## Redirect

Step 1: Redirection

- Non-verbal cue
- Gentle nudge
- Re-focus / distraction

2

## Remind

Step 2: Verbal  
Reminder

- Rules: Ready, Respectful, Safe
- Explicit expectation
- Offer support / Name it to tame it

3

## Remind

Step 3: Second Reminder (Co-regulation)

- Repeat rules + natural consequence
- Regulation basket, adult support
- Name the need / wondering question

4

## Regulate

Step 4: Safe Space (in class)

- Calming corner 5 mins
- Validate feelings
- Prompt regulation resource
- Return if calm

5

## Regulate

Step 5: Safe Space (Regulation Station)

- Corridor 10 mins
- Validate feelings + strategy
- Regulation resources
- Return if calm

6

## Reflect

Step 6: Time In (TA support)

- 1:1 support
- Use support card if needed

7

## Reflect

Step 7: SLT Time In

- Escalation if no improvement
- Record on MyConcern
- Complete forms if needed