

STAFF & STUDENT SURVEY OF REGULATORY RESOURCES & ANCHORS



In this survey, we want to address sensory practices that can create a sense of calm & safety within your nervous system.

What would happen if I checked in with my nervous system to decipher what I need or what feels calming?

What if I began the school year with integrated, periodic check-ins with staff and students with these surveys of regulatory resources that anchored felt safety?

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STAFF

WHEN I AM FEELING DISREGULATED AND THERE HAS BEEN A DISRUPTION, WHAT REGULATORY RESOURCES AND ANCHORS DO I NEED?



1. I need time and space.

Yes No Other:____ (optional explanation)

2. I need to talk to someone I trust.

Yes No Other:____ (optional explanation)

3. I need to take deep breaths.

Yes No Other:____ (optional explanation)

4. I need to move my body.

Yes No Other:____ (optional explanation)

5. I need music, soothing sounds, calming rhythms.

Yes No Other:____ (optional explanation)

6. I need to write my thoughts out.

Yes No Other:____ (optional explanation)

7. I need to express myself through a form of art.

Yes No Other:____ (optional explanation)

8. I need rhythm (pacing, cooking, walking, rocking, taking a drive in a car, knitting, building, crafting, drumming).

Yes No Other:____ (optional explanation)

9. I need warmth (hold something warm, wrap up, etc.).

Yes No Other:____ (optional explanation)

10. I need something cold (chewing on ice, ice pack, cold water).

Yes No Other:____ (optional explanation)

11. I need to chew or crunch on something for regulation.

Yes No Other:____ (optional explanation)

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STAFF

WHEN I AM FEELING DISREGULATED AND THERE HAS BEEN A DISRUPTION, WHAT REGULATORY RESOURCES AND ANCHORS DO I NEED?



12. I need to talk to myself out-loud.

Yes No Other:____ (optional explanation)

13. I need to vocalize (singing, humming, sighing, yawning).

Yes No Other:____ (optional explanation)

14. I need a prayer or a spiritual affirmation.

Yes No Other:____ (optional explanation)

15. I need my own space with a personal ritual (being with animals, your favorite mug, your favorite place to sit, your favorite view).

Yes No Other:____ (optional explanation)

16. I need pressure or touch (self-hug, friend-hug, ear/head/hand massage).

Yes No Other:____ (optional explanation)

17. I need something soft.

Yes No Other:____ (optional explanation)

18. I need to be outdoors.

Yes No Other:____ (optional explanation)

19. I need to cry.

Yes No Other:____ (optional explanation)

20. I need to laugh.

Yes No Other:____ (optional explanation)

21. I need this regulatory sensory practice_____.

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STUDENT

WHEN I AM FEELING DISREGULATED AND THERE HAS BEEN A DISRUPTION, WHAT REGULATORY RESOURCES AND ANCHORS DO I NEED?



1. I need time and space.

Yes No Other:____ (optional explanation)

2. I need to talk to a teacher, friend, or someone I trust.

Yes No Other:____ (optional explanation)

3. I need to take deep breaths.

Yes No Other:____ (optional explanation)

4. I need to move my body (my favorite activity, sports, running, jumping jacks, stretching, etc.).

Yes No Other:____ (optional explanation)

5. I need music, soothing sounds, calming rhythms.

Yes No Other:____ (optional explanation)

6. I need to write my thoughts out.

Yes No Other:____ (optional explanation)

7. I need to express myself through a form of art.

Yes No Other:____ (optional explanation)

8. I need rhythm (pacing, walking, rocking, building, crafting, drumming).

Yes No Other:____ (optional explanation)

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STUDENT

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12. I need to talk to myself out-loud.

Yes No Other:____ (optional explanation)

13. I need to vocalize (singing, humming, sighing, yawning).

Yes No Other:____ (optional explanation)

14. I need a prayer or a spiritual affirmation.

Yes No Other:____ (optional explanation)

15. I need my own space with something special to me (being with animals, your favorite toy, your favorite smell, your favorite view).

Yes No Other:____ (optional explanation)

16. I need to sit in a place that calms me (in my classroom or school).

Yes No Other:____ (optional explanation)

17. I need pressure or touch (self-hug, friend-hug, ear/head/hand massage).

Yes No Other:____ (optional explanation)

18. I need something soft.

Yes No Other:____ (optional explanation)

19. I need to be outdoors.

Yes No Other:____ (optional explanation)

20. I need to cry.

Yes No Other:____ (optional explanation)

21. I need to laugh.

Yes No Other:____ (optional explanation)

22. I need _____.

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