REGULATE THEN REASON

1) REGULATE
   - Simple sentences that validate feelings
   - "I can see you're really upset right now."
   - "It makes sense that you feel____ because _____."
   - "I would feel____ if that happened to me."

2) REASON
   - Privately
   - Problem solve; "What can we do to make this right?"

REGULATE THEN REASON

1) REGULATE
   - Simple sentences that validate feelings
   - "I can see you're really upset right now."
   - "It makes sense that you feel____ because _____."
   - "I would feel____ if that happened to me."

2) REASON
   - Privately
   - Problem solve; "What can we do to make this right?"

REGULATE THEN REASON

1) REGULATE
   - Simple sentences that validate feelings
   - "I can see you're really upset right now."
   - "It makes sense that you feel____ because _____."
   - "I would feel____ if that happened to me."

2) REASON
   - Privately
   - Problem solve; "What can we do to make this right?"

REGULATE THEN REASON

1) REGULATE
   - Simple sentences that validate feelings
   - "I can see you're really upset right now."
   - "It makes sense that you feel____ because _____."
   - "I would feel____ if that happened to me."

2) REASON
   - Privately
   - Problem solve; "What can we do to make this right?"

REGULATE THEN REASON

1) REGULATE
   - Simple sentences that validate feelings
   - "I can see you're really upset right now."
   - "It makes sense that you feel____ because _____."
   - "I would feel____ if that happened to me."

2) REASON
   - Privately
   - Problem solve; "What can we do to make this right?"

REGULATE THEN REASON

REGULATE

- Simple sentences that validate feelings
- "I can see you're really upset right now."
- "It makes sense that you feel____ because _____."
- "I would feel____ if that happened to me."

REGULATE THEN REASON

REGULATE

- Simple sentences that validate feelings
- "I can see you're really upset right now."
- "It makes sense that you feel____ because _____."
- "I would feel____ if that happened to me."

REGULATE THEN REASON

REGULATE

- Simple sentences that validate feelings
- "I can see you're really upset right now."
- "It makes sense that you feel____ because _____."
- "I would feel____ if that happened to me."

REGULATE THEN REASON

REGULATE

- Simple sentences that validate feelings
- "I can see you're really upset right now."
- "It makes sense that you feel____ because _____."
- "I would feel____ if that happened to me."

REGULATE THEN REASON

REGULATE

- Simple sentences that validate feelings
- "I can see you're really upset right now."
- "It makes sense that you feel____ because _____."
- "I would feel____ if that happened to me."

REGULATE THEN REASON

REGULATE

- Simple sentences that validate feelings
- "I can see you're really upset right now."
- "It makes sense that you feel____ because _____."
- "I would feel____ if that happened to me."

REGULATE THEN REASON

REASON

- Privately
- Problem solve
- “What can we do to make this right?”
- “What can we do next time?”

REGULATE THEN REASON

REASON

- Privately
- Problem solve
- “What can we do to make this right?”
- “What can we do next time?”

REGULATE THEN REASON

REASON

- Privately
- Problem solve
- “What can we do to make this right?”
- “What can we do next time?”

REGULATE THEN REASON

REASON

- Privately
- Problem solve
- “What can we do to make this right?”
- “What can we do next time?”

REGULATE THEN REASON

REASON

- Privately
- Problem solve
- “What can we do to make this right?”
- “What can we do next time?”