



Polyvagal Three Circuits

<p>Social Engagement System</p> <ul style="list-style-type: none">• Safe Connection• Calm Regulated• Healthy Balance• Resourced Resourceful	
<p>Mobilization</p> <ul style="list-style-type: none">• Cues of threat or danger• Chronic stress or anxiety• Fight or flight response• Greater conflict in relationships	
<p>Immobilization</p> <ul style="list-style-type: none">• Threat feels life-threatening• Collapse Shutdown• Unhealthy coping behaviours• Despair Hopelessness	

Credit: Stephen Porges and Carrie DeJong (carriedejong.com)

Nonviolent Communication (NVC) Listening Framework

<u>Educator Listening to a Student</u>	<u>Student Speaking to Another Student</u>
1. I see...	1. I see...
2. Are you feeling....	2. I feel...
3. Do you need/want...	3. I need...
4. Would you like to....	4. Would you be willing to...

If you're focusing on someone else's feelings, a situation might go something like this:

1. Observe the situation objectively.

I notice that you arrived 20 minutes late for school today.

2. Suggest the feelings the other person may be experiencing.

Are you feeling overwhelmed or tired?

3. Suggest the need the other person may be experiencing.

Do you need help with getting to school on time?

4. Propose a request.

Would you be able to tell me what would work for you right now? If you need some assistance, I'm happy to help. I'm happy to call you when I get up in the morning, if that would be useful.

NVC Speaking Framework

I notice that...

I feel...

I need...

Would you be willing to...?

GROK Game

- Think of a concise story about a situation you've had that was either positive, negative, or full of mixed emotions.
- You have 2 minutes to share it.
- Then, 2 minutes for the listener(s) to select the feelings and needs they heard from the cards.
- Then, 2 minutes for the speaker to articulate which feelings and needs they connect with the most.
- Rotate being the speaker



12 Hats that Block Communication



The Judge Hat
What were you thinking?
Why wouldn't you just...
You should have...



The Silencer Hat
(cricket symphony)



The Sympathizer Hat
Oh you poor thing...
You must feel...



The Interrupter Hat
Why did...
That's ridiculous...
What happened...



The Me-Me Hat
That's just like what
happened to me when...
I had the same thing happen
when...
That reminds me of this
time...



The One-Upper Hat
You think that's bad? Let me
tell you about...
Well, what happened with my
sister was...
You'll never believe this...



The Minimizer Hat
C'mon, it couldn't have been
that bad...
You're just blowing it out of
proportion.



The Educator Hat
This could turn into a very
positive experience for you if
you just...
What could you learn from
this?



The Discounter Hat
There are so many less
fortunate people than us in the
world, we should just be
grateful for our health and all
the opportunities around us.



The Redirector Hat
Well anyway. Did you hear
about this...
Huh. Let me tell you about
what happened last weekend...



The Advisor Hat
Oh, well, have you thought
about doing x?
You know what I do is Y, then
you can just do z!
I think you should...



The MultiTasker Hat
I'm totally paying attention...
I just have to respond to this
text.
Hold on one second...

Moore  Well-Being