

WINDOW OF TOLERANCE REFLECTION

10 people | 15 minutes

Restorative Educator Competency:

Can explain the “Window of Tolerance” and what happens when we or our students “flip our lids.” Can identify personal strategies for staying in, widening, and returning to the “Window of Tolerance”.

Materials/Set Up:

- Window of Tolerance Charts (attached) - 1 per person
- Pens or markers
- Sticky notes or chart paper

Instructions:

1. Take a moment to reflect on your week (or day) and draw a line on the Window of Tolerance chart that is representative of your experience.
2. In a round, share you chart. You can say a few words if you'd like and you can also pass. (1 minute each maximum)
3. What are some of the ways that you support yourself to stay in the window of tolerance?
 - a. Write as many as you can think of on sticky notes – one idea per note.
 - b. Post these on chart paper for others to see and benefit from.
4. Take a moment to look at the full list you created. Feel free to add more things to the list after seeing others' ideas.

Debrief:

- ☀ What do you notice about the list or the activity?
- ☀ Which ones help you stay in or get back into the window of tolerance?
- ☀ Which ones proactively help widen the window of tolerance?
- ☀ Which do you, or students, have access to during the school day?



HYPER-AROUSAL

Fight or Outburst



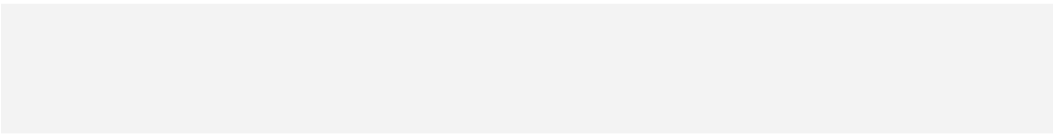
ESCALATION

Vigilant or Reactive



WINDOW OF TOLERANCE

Present or Engaged



HYPO-AROUSAL

Flight: Flustered and Avoidant



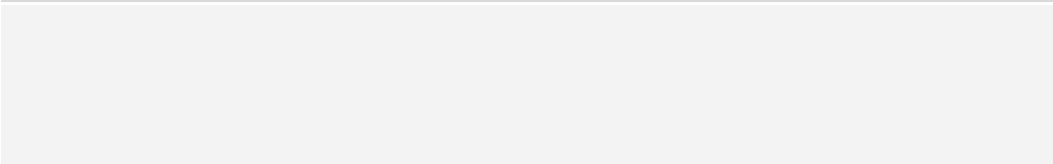
DISSOCIATION

Freeze: Overwhelmed & Shut Down



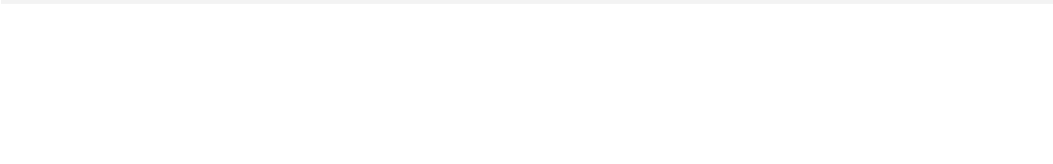
HYPER-AROUSAL

Fight or Outburst



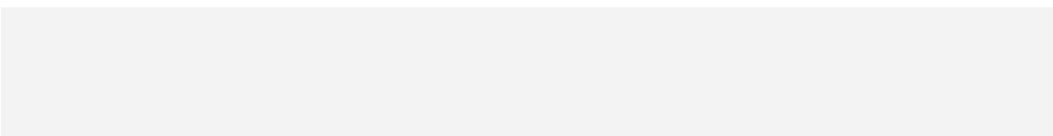
ESCALATION

Vigilant or Reactive



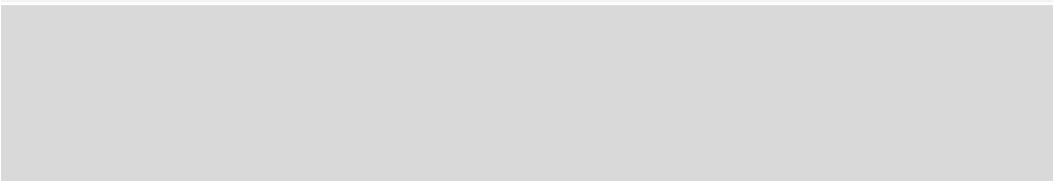
WINDOW OF TOLERANCE

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HYPO-AROUSAL

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DISSOCIATION

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