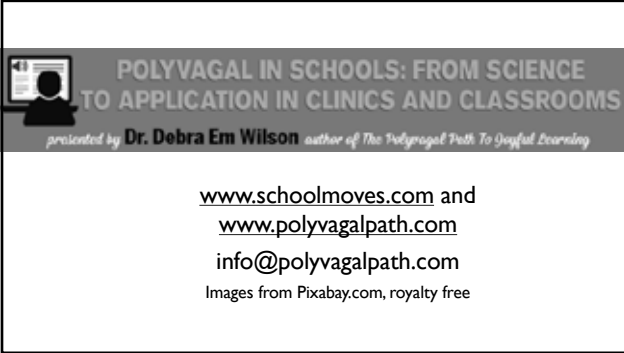


Handout for the Therapro webinar
Polyvagal in Schools: From Science to Application in Clinics and Classrooms
 presented by Dr. Debra Em Wilson - April 25, 2023



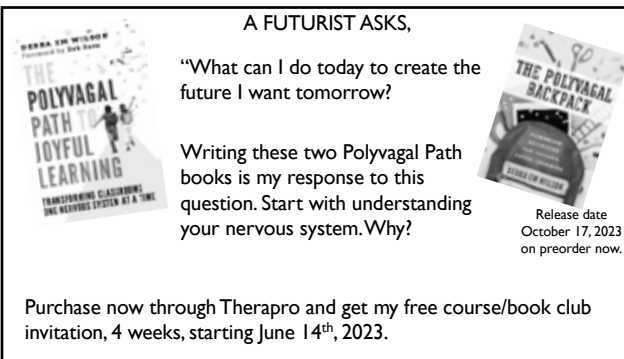
POLYVAGAL IN SCHOOLS: FROM SCIENCE TO APPLICATION IN CLINICS AND CLASSROOMS
 presented by **Dr. Debra Em Wilson** author of *The Polyvagal Path To Joyful Learning*

www.schoolmoves.com and
www.polyvagalpath.com
info@polyvagalpath.com
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A bit about myself...

- Educator for 35 years with teaching credentials in biology, reading and language specialist, K-8 multiple subjects, and physical education
- Taught at the college, high school, and elementary levels
- Specialty training in Futures Studies
- Educational consultant providing training to schools and organizations for over 23 years
- Founder of S'cool Moves, Inc.
- Parent of twenty something son and daughter, with the daughter having a constellation of neurodevelopmental challenges
- Certified color consultant focusing on the role of color in regulation (for learning, school design, home interior design, and personal palettes)
- Love to laugh, read, swim, and dodge rattlesnakes while riding my bike through the Sonoran Desert in Tucson, AZ



A FUTURIST ASKS,
 "What can I do today to create the future I want tomorrow?"

Writing these two Polyvagal Path books is my response to this question. Start with understanding your nervous system. Why?

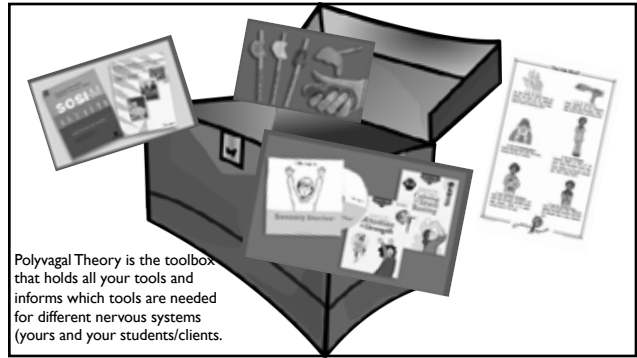
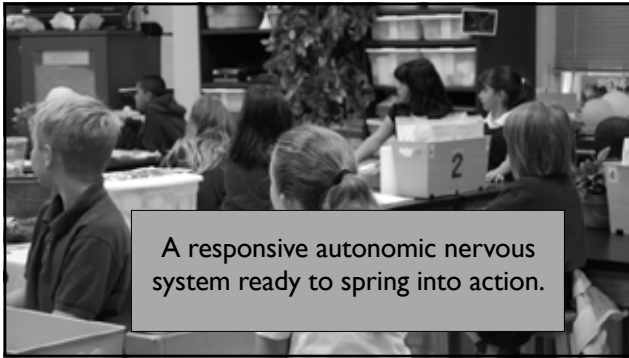
Release date
 October 17, 2023
 on preorder now.

Purchase now through Therapro and get my free course/book club invitation, 4 weeks, starting June 14th, 2023.



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Objective for This Presentation

- Know how to befriend your nervous system
- Activities aligned with ANS states
- Introduce the Polyvagal Learning Hub

Subliminal message

Acknowledgments
 Foreword
 Preface

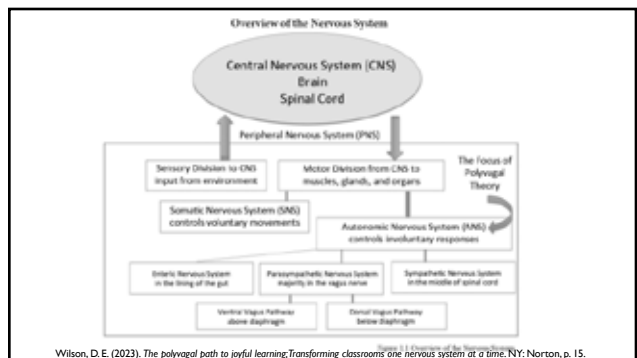
Introduction

Chapter 1 The Friendship That Begins Within
 Chapter 2 The Learning Foundation of Safety and Connection
 Chapter 3 Regulation Through a Polyvagal Lens
 Chapter 4 Resilience, Relationships, and Reality
 Chapter 5 Anchored and Adaptable Learners
 Chapter 6 The Ventral Path to Joyful Learning
 Chapter 7 The Seven Polyvagal Principles for the Classroom

Afterword Coming Full Circle
 References
 Index

Bringing Dr. Stephen Porges' Polyvagal Theory and Deb Dana's mental health application into busy, time-crunched classrooms with a focus on an educational model rather than a mental health model.

Moving from trauma-informed to all-informed with focus on academic success using neurodevelopmental movement.



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The Science

...80% of vagus nerve fibers are sensory and relay messages to the brain, while only 20% of vagus nerve fibers are motor, sending action information from the brain to the body (Dana, 2018; Porges 2017). This means the vagus nerve, with its unique ratio of sensory to motor fibers, is primarily wired to receive sensory information related to your well being.



Wilson, D.E. (2023). *The polyvagal path to joyful learning, Transforming classrooms one nervous system at a time.* NY: Norton.

The I.O.B. nervous system formula for where signals of safety or danger come from

- Signals from Inside ourselves
- Signals from Outside in the environment
- Signals from Between others in relationships

Modified from Dana, D. (2018). *The polyvagal theory in therapy: The rhythm of regulation.* NY: Norton.

The Safety Scale

To regulate our nervous systems, we must increase feelings of safety and reduce feelings of danger. It's like balancing a nervous system math equation.



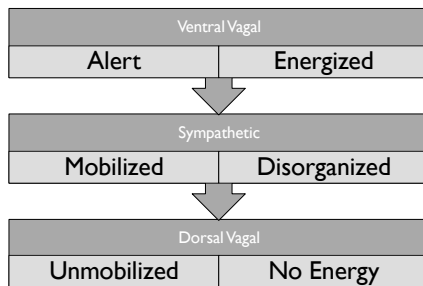
Wilson, D.E. (2023). *The polyvagal path to joyful learning, Transforming classrooms one nervous system at a time.* NY: Norton, p. 36.

ANS Three Main States

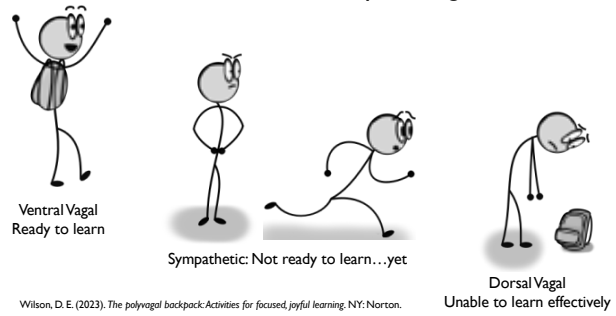


Sympathetic to your plight, the body responds with fight or flight.

Wilson, D.E. (2023). *The polyvagal backpack: Activities for focused, joyful learning.* NY: Norton.



Check in...What state are you in right now?



Wilson, D.E. (2023). *The polyvagal backpack: Activities for focused, joyful learning.* NY: Norton.




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Emotions Related to ANS States




Ventral Vagal	→	confident, eager, curious, engaged, safe to take risks
Sympathetic	→	frustrated, irritated, fearful, anxious, angry, worried, stressed
Dorsal Vagal	→	helpless, hopeless, shutdown, ashamed, foggy, disengaged

Wilson, D.E. (2023). *The polyvagal path to joyful learning: Transforming classrooms one nervous system at a time*. NY: Norton, p. 58.

Personalizing Your Nervous System States

Ventral Vagal	Sympathetic	Dorsal Vagal
		

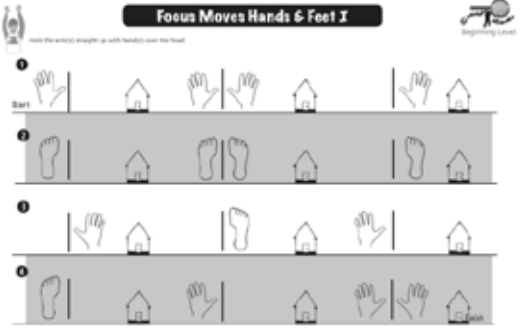
Personalizing Your Nervous System States

Ventral Vagal	Sympathetic	Dorsal Vagal
		

For those of you in sympathetic disorganized mobilization...let's bring in some focused ventral energy.

The view of the world from sympathetic is one of danger and people are not our friends. It's an unfriendly world requiring a protective response of disconnection from others. We create disconnection through anger or getting away from the person.

Focus Moves Hands & Feet I









Case Study

A student is frequently out of the seat and in constant motion but the movement is chaotic. The student's Go to Place Within is the _____ ANS state.

How can you help the student organize their mobilization without taking time away from academics?

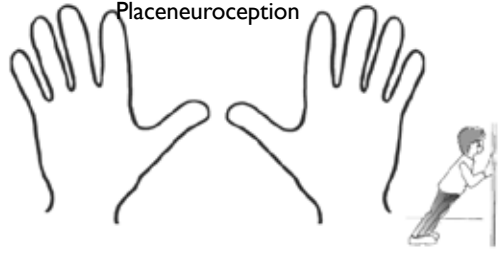
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Integrate Academics with Movement


rat	bat	cat
		
		

Create a Push

Place neuroception




Co-regulation



For those of you in dorsal vagal shutdown or close to shutting down...

The view of the world from dorsal vagal is one of isolation and disconnection from a world that feels to unsafe to be in it. It can also feel like nothing you do matters, so why bother?



Case Study

A student frequently finds the world too hard and shuts down easily. The student's Go to Place Within is the _____ ANS state.

What does this student's nervous system state tell you about what is needed to move through sympathetic to ventral vagal?

Snuggly Spark Word Playbag

One of you will read the words in the blue boxes, and one of you will read the words in the red boxes. Take turns with your partner, like a game of ping pong, saying each of your words as fast as you can until you reach the end of the words. Don't forget to let your partner say their word before you move on how fast can you go!

neuroception	retuning	ventral vagal
vagal brake	dorsal vagal	micromoments
sympathetic	glimmers	resilience
microconnection	buoyancy	polyvagal
befriending	theory	anchors

For even more fun, when you finish this side of the card, flip it over and use those words for Speedy Spelling Sorts!

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Inside: Notice how the body feels before, during, and after doing this routine

Outside: Hang the poster in quiet centers, sensory rooms, or classroom for a visual reminder to use the routine

Between: Invite students to co-regulate together by sharing nervous systems if a regulated student is open to supporting a dysregulated student



Concerns about over-reliance on others...valid concern!

Ask, "Is this enough time with another student? Are you ready to work on your own now?"

Interactive Regulation

We move in and out of nervous system states. The key is to not stay in a dysregulated state for too long and find our way back to ventral vagal. We do this by knowing where our ventral resources are from inside ourselves, outside in the environment, and between others in relationships.

I call this "interactive regulation." We never truly regulate on our own. Self-regulation just may be a myth! Dare I say it?

Wilson, D.E. (2023). The polyvagal path to joyful learning; Transforming classrooms one nervous system at a time. NY: Norton.

Cultivation of Skills

Think of a regulated nervous system as the prepared soil, and the skills as the plants that grow in the tended soil through nourishing relationships and experiences. It's the cultivation of skills that helps retune the nervous system, leading to increased resilience.



Wilson, D.E. (2023). The polyvagal path to joyful learning; Transforming classrooms one nervous system at a time. NY: Norton, p. 73.

The Polyvagal Learning Hub

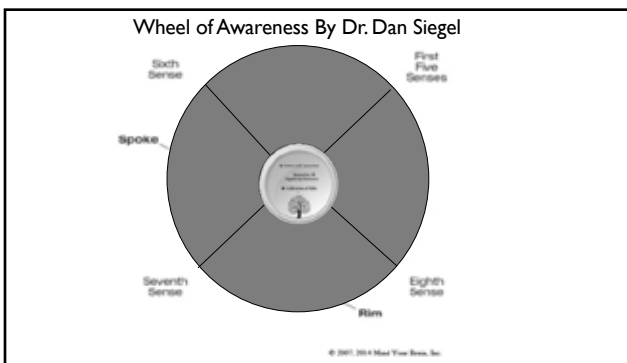
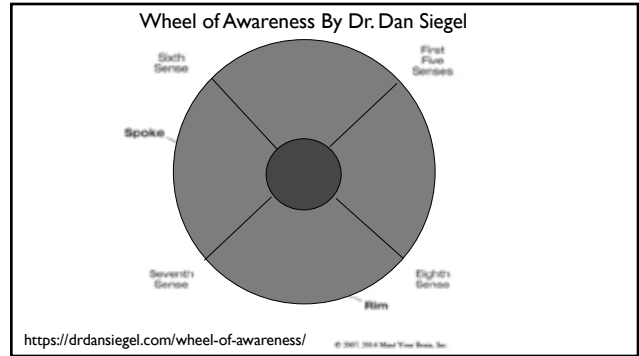
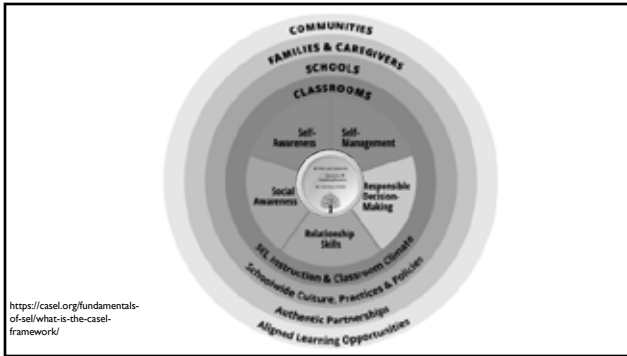


Wilson, D.E. (2023). The polyvagal path to joyful learning; Transforming classrooms one nervous system at a time. NY: Norton, p. 91




https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/

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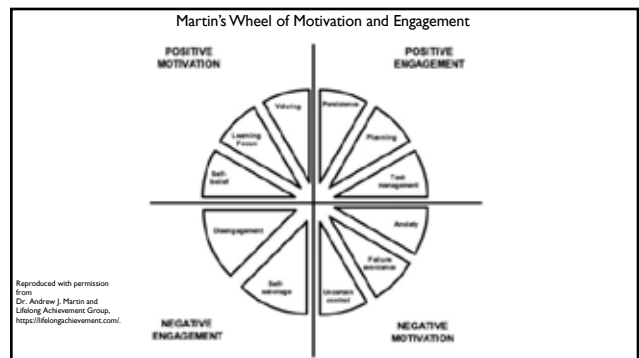
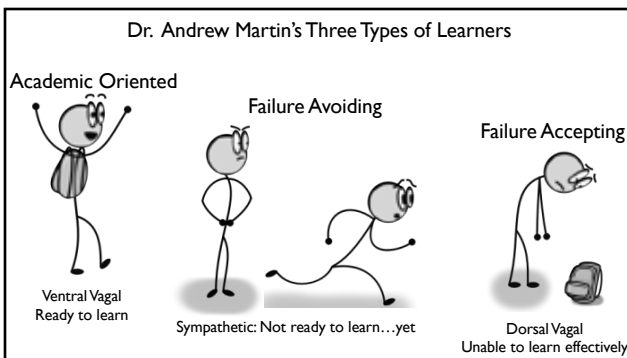


Dr. Andrew Martin: Martin's Wheel of Motivation and Engagement



Andrew Martin, BA (Hons), MEd (Hons), PhD, is Scientia Professor, Professor of Educational Psychology, and Chair of the Educational Psychology Research Group in the School of Education at the University of New South Wales, Australia. He is also Honorary Research Fellow in the Department of Education at the University of Oxford. He specializes in motivation, engagement, achievement, and quantitative research methods.

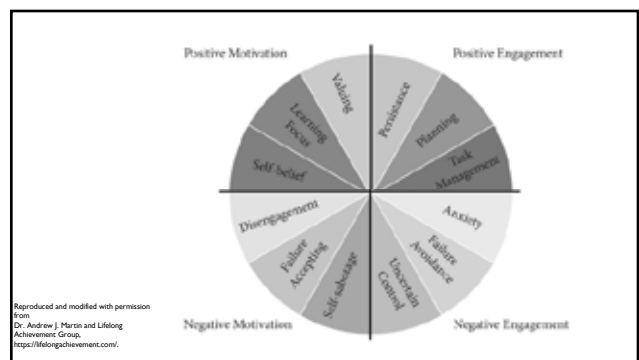
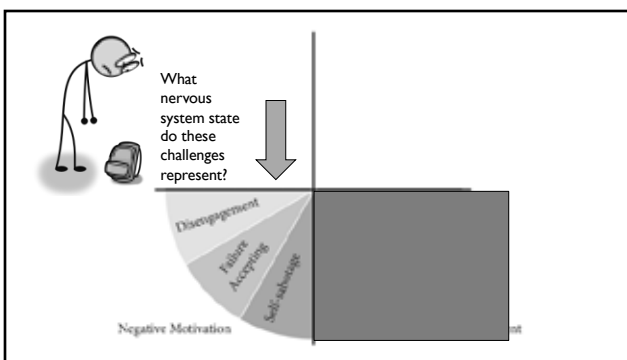
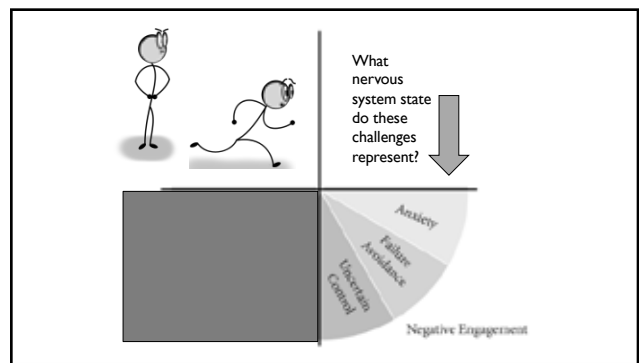
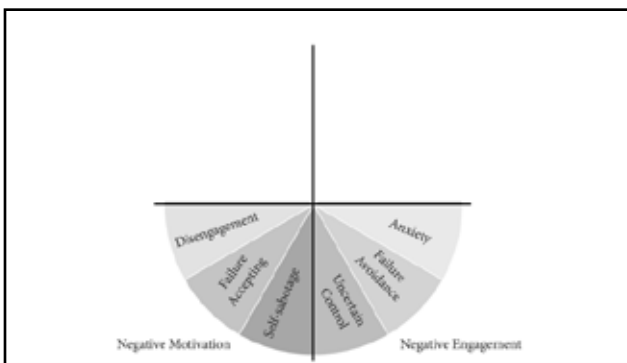
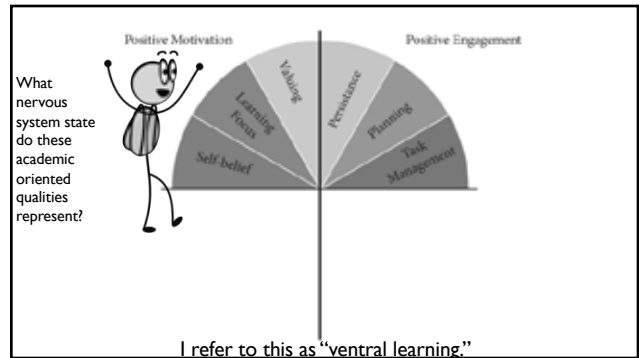
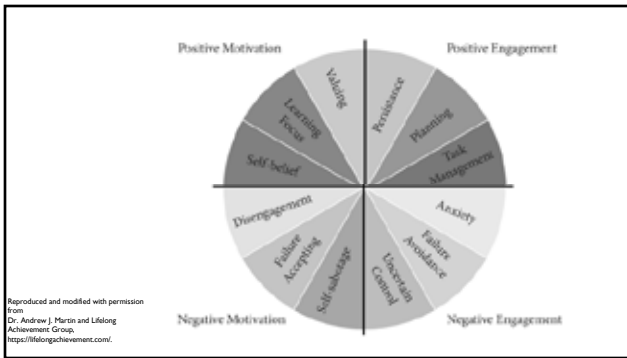
- Ranked top 5 in 5-yearly International Rankings of the Most Published Educational Psychologists
- National Research Field Leader for the "Educational Psychology and Counseling" discipline



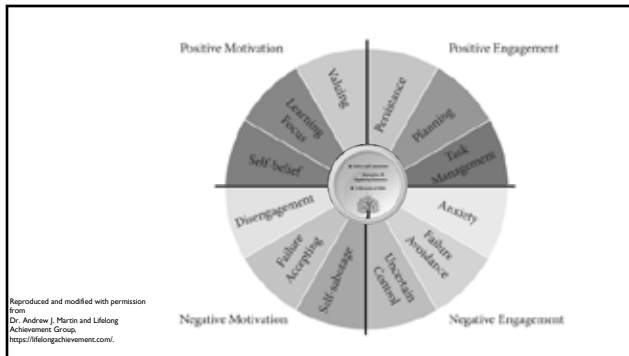
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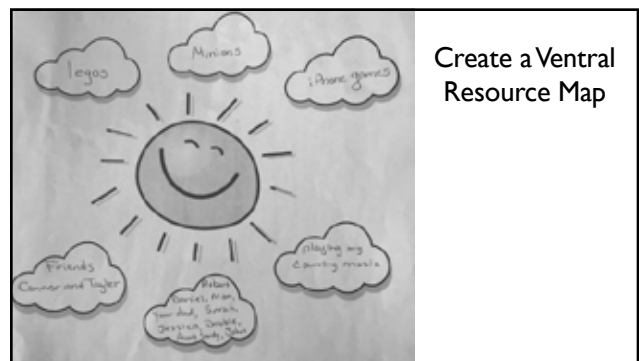


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Blended States for Motivation and Engagement
 The nervous system needs active learning.
 There's too much emphasis on quietly still state in schools.

Wilson, D.E. (2023). *The polyvagal path to joyful learning: Transforming classrooms one nervous system at a time*. NY: Norton, p. 81.



So back to the original question,
 "What can I do today to create the future I want tomorrow?"

Think about being on a ventral path toward your preferred future. Who, what, or where helps you feel safe? What are your interactive resources? What skills do you need to cultivate? How can we all keep "one foot in ventral?"

Learn More: S'cool Moves YouTube Channel
 Full online course of over 175 activities

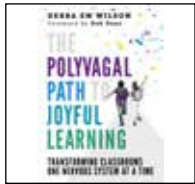
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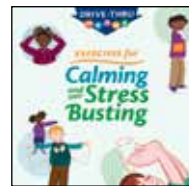
The Polyvagal Path to Joyful Learning
From Debra Em Wilson. Every student and teacher is different, but there's one thing each has in common: a responsive nervous system ready for action.



Drive Thru Menus for Preschool & Kindergarten
Designed to help teachers incorporate movement into the foundation skills of literacy, math, science and social studies.



Minute Moves Bundle: An All-in-One Bundle
Great for whole class involvement and enhancing collaboration between support staff and teachers by everyone agreeing to implement the ten Minute Moves routine throughout the school day when needed.



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Appropriate for all ages, this Inventory and accompanying User's Guide is a preliminary assessment for occupational therapists who serve people with developmental delays and disabilities.



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