

WAVE School Incident Report

A Tool for Schools to Identify the Self-Reg Roots of a School Incident
(Short Form)

Student:

Grade:

Date of WAVE:

Self-Reg WAVE Team:



W - Warning Signs of Excessive Stress			A - Allostatic Stress				
Self-Reg Domains	Indicators of Excessive Stress	Student's Stressors in this Domain	Allostatic Overload	Not Evident	Occasionally	Often	Always
Biological			Stress response is easily triggered				
Emotion			Stress response is not equal with the stressor				
Cognitive			Individual is volatile				
Social			Hard to calm down after "alarm" is triggered				
Prosocial			Notes:				
Why now?							

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V - Values		E – Energy Flow				
<p align="center">5 Steps of Self-Reg</p> <p align="center">These are valued as the method to enhance well-being. How well does the student understand and apply each step?</p>		<p align="center">Energy & Tension Matrix</p> <p align="center">Circle or highlight the box that best describes the student's energy-tension state. Refer to the Thayer Matrix.</p>				
Reframes Behaviour <i>Reads stress signs of stress behaviour</i>		Before the incident	HE/HT	LE/HT	HE/LT	LE/LT
		During the incident	HE/HT	LE/HT	HE/LT	LE/LT
Recognizes Personal Stressors <i>Both obvious and hidden stressors</i>		After the incident	HE/HT	LE/HT	HE/LT	LE/LT
		Notes:				
Reduces the Stress <i>Takes action to reduce the stressor</i>						
Reflects: Stress Awareness <i>Knows what calm feels like, knows when a stress response is coming</i>						
Responds: Resilience and Restoration <i>Uses personal strategies to cope and adapt to stressors and to restore energy</i>						