

WAVE Self-Reg Mapping

A Tool for School Teams & Self-Reg Specialists
(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				
5 Steps of Self-Reg These are valued as the method to enhance well-being How well does the student understand and apply each step?		Energy & Tension Matrix Refer to the Thayer Matrix	School Arrival	AM	Lunch/ Breaks	PM
Reframes Behaviour <i>Reads stress signs of stress behaviour</i>		High Energy/ High Tension				
		Low Energy/ High Tension				
Recognizes Personal Stressors <i>Both obvious and hidden stressors</i>		High Energy/ Low Tension				
		Low Energy/ Low Tension				
Reduces the Stress <i>Takes action to reduce the stressors</i>		Any patterns in the timing or context of LE/HT?				
Reflects: Stress Awareness <i>Knows what calm feels like, knows when a stress response is coming</i>		Notes:				
Responds: Resilience and Restoration <i>Uses personal strategies to cope and adapt to stressors and to restore energy</i>						