



ADR MONTHLY SERIES  
FOR EDUCATORS  
SEPTEMBER 2026

## QUICK LISTEN



### NAME

Label the emotion internally.  
*"I'm feeling frustrated."*



### GROUND

Come back to the room.  
Feet on the floor.  
Notice **3** things.



### SOLVE

Give your thinking brain a job.  
*"What's the next helpful step?"*



### EXHALE

Slow your body's response.  
Inhale 4 . Exhale 6

## CHALLENGE

### CATCH YOURSELF ONCE.

During a challenging conversation this month, notice when you start to feel activated. Choose one strategy before you respond.

## *Self-Regulation*

# STAY IN YOUR THINKING BRAIN

High-conflict moments can pull us out of problem-solving mode. Regulation helps us stay curious, intentional, and ready to collaborate.



### WHEN?

Notice your body's clues.

Heart racing . Jaw tightening . Interrupting  
Getting defensive . Rehearsing your  
response instead of listening



### WHY?

Regulation comes before  
collaboration.

Staying in your thinking brain helps you listen, remain curious, problem-solve, and make intentional decisions - even when the conversation is hard.

ALL 2026-2027 MONTHLY TIPS