

Reboot News



HODSE - Mrs Jack

Dear Parents and Guardians,

Over the next fortnight, we are focusing on building emotional literacy across the school by explicitly teaching Face 1 of the Reboot 5 Faces of Regulation.

What is Face 1?

Students describe Face 1 as "I'm feeling a 1" this is the red face. This is when a child's body and brain feel unsafe, and they may experience strong feelings like anger, fear, frustration, or even feel completely shut down. In this state, it can be difficult for children to think clearly, communicate calmly, or make safe choices. Their brain is stuck in survival mode.

What are we teaching students?

- That feelings are normal and okay, even the big ones.
- How to notice the body cues that come with strong emotions (e.g., tight fists, racing heart, hot face, wobbly tummy).
- How to name their feelings because when we can "name it, we can tame it."
- Simple, effective strategies to feel safe again, such as deep breathing, movement breaks, asking for help, or grounding exercises.
- How to use Reboot tools like the Line of Opportunity, Web Maker, High-5, and Power With language to move forward in a safe and connected way.

How can parents support at home?

- Use phrases like: "What Face are you in right now?" or "What is your body telling you?"
- Help your child name their feelings using words like mad, frustrated, overwhelmed, or scared.
- Practise calming strategies together such as candle breathing, five-finger breathing or snake breathing.
- Reinforce that all feelings are okay, and it's what we do with them that matters.

By working together, we can help children develop strong emotional awareness and the skills they need to regulate their bodies, connect with others, and thrive at school and at home.