

Reboot News



HODSE - Mrs Jack

Dear Parents and Guardians,

This fortnight, our focus is on Face 3 of the Reboot 5 Faces of Regulation



What is Face 3?

Face 3 is when a child feels just okay, not too high, not too low. They may say they feel fine, all right, or average, but underneath they might also be feeling a little unsure, slightly embarrassed, doubtful, or even quietly overwhelmed. Students feeling like a 3 are close to being regulated and ready to learn, but they still need a strategy to help them cross the Line of Opportunity. This is the point where the brain feels safe, connected, and fully switched on.

What are we teaching students?

- That being in Face 3 is normal and often where we spend a lot of our day.
- That it's important to check in with how we really feel, even if we think we're "fine."
- How to notice small body cues (e.g., fidgeting, daydreaming, quiet voice, hesitating) that show they might need a regulation boost.
- That they are close to the Line of Opportunity, and a simple strategy can help them shift up to a place of focus, confidence, and connection.
- How to use Reboot tools like the High-5, Web Maker, and Power With to support that shift.

How can parents support at home?

- Ask your child how they are feeling.
- Help them tune in to body cues and talk about small worries or hesitations.
- Encourage a quick, simple strategy like stretching, taking a mindful breath, stepping outside for fresh air, or connecting with a trusted person.
- Praise their efforts when they take steps toward feeling ready and confident.

Face 3 is an exciting space. It's where students learn to be self-aware, build independence, and practise emotional decision-making. With a little support, they can confidently cross the Line of Opportunity and move into a state where they feel ready to learn, play, and connect.

Thank you for being part of their emotional learning journey!