

Reboot News



HODSE - Mrs Jack

Dear Parents and Guardians,

This fortnight, we are exploring Face 5 in the Reboot 5 Faces of Regulation, this is the green face.



What is Face 5?

Face 5 is when students feel very excited or full of energy, sometimes even too much! While these are positive emotions, they can make it hard to concentrate, listen, or learn. Students feeling like a 5 may feel thrilled, pumped, bold, courageous, or happy, but their energy is so high that they may struggle to focus.

What are we teaching students?

- That feeling excited, happy, or bold is great, but we need to know when it's too much for learning.
- How to spot body cues of being a 5, like racing thoughts, talking fast, fidgeting, giggling a lot, or being super bouncy or loud.
- That our goal is to gently shift from a 5 back to a Face 4, where we feel calm, focused, and ready to learn.
- Strategies that help manage those high-energy feelings, such as:
 - Breathing exercises (e.g. Balloon Breaths or Five Finger Breathing)
 - A thinking challenge or mindful moment
 - Giving them a helpful job or task
 - Drinking water or washing their face
 - A balancing activity (e.g., standing on one foot)
 - A grounding activity using the 5 senses

How can parents support at home?

- Talk with your child about the difference between feeling excited and feeling too excited to focus.
- Practise calming or grounding strategies together when your child is full of energy.
- Celebrate their joy, then help them refocus with a simple activity or calming routine.
- Use phrases like: "Let's bring that big energy down just a little so your brain can think clearly."

Face 5 is a great reminder that even positive feelings need managing sometimes. When students learn to recognise and shift from Face 5 to Face 4, they grow in self-awareness, emotional control, and learning readiness. Thanks for continuing to support our Reboot journey and helping children feel good, stay safe, and succeed!