

BEHIND THE BEHAVIOR

SCRIPT WORKSHEET

Rethinking What Regulation Looks Like



What looks like misbehavior is often nervous system dysregulation.

When a child's brain is overwhelmed, they can't access the skills we expect. Real change begins when we calm the brain first.

REGULATE



CONNECT



CORRECT

HOW TO USE THIS WORKSHEET

Use this guide when your child has a big reaction. Notice the behavior without judgment, consider what may be driving dysregulation, help your child regulate, then reconnect and guide the behavior once they are calm.

1 WHAT DID THE BEHAVIOR LOOK LIKE?

Check what you noticed:

- Yelling or screaming
- Refusing directions
- Shutting down / withdrawing
- Crying or meltdown
- Hitting, kicking, or throwing
- Hyperactivity / impulsive behavior
- Difficulty transitioning
- Other: _____



2 WHAT MIGHT BE HAPPENING IN THE NERVOUS SYSTEM?

Behavior is communication. Look for clues. Possible triggers:

- Sensory overload (noise, lights, busy environment)
- Fatigue or poor sleep
- Hunger / blood sugar crash
- Anxiety or worry



- Frustration with schoolwork or expectations
- Too many transitions
- Feeling misunderstood or not heard
- Social stress or peer conflict

3 WHAT MIGHT REGULATION LOOK LIKE RIGHT NOW?

Regulation doesn't always look like "calm and quiet." It can look like movement, connection, or sensory support.

Try:

- Quiet space
- Movement (jumping, stretching, walking)
- Deep breathing together
- Sensory input (fidget, squeeze, heavy work)
- Snack or water
- Humor or playful connection
- Co-regulation (sit together, calm voice, proximity)



4 AFTER REGULATION: CONNECT, THEN CORRECT

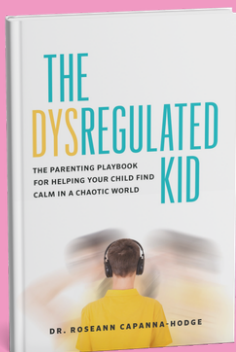
Once the brain is calm, guidance works. Helpful scripts:

- "Your brain got overwhelmed. Let's reset."
- "I'm here to help you calm your body."
- "That was a hard moment. Let's figure it out together."
- "Next time, here's something we can try."



REMEMBER

Behavior is the symptom. Regulation is the solution.
When the brain is calm, children can listen, learn, and grow.



Want to understand what your child's behavior is really telling you?

In **The Dysregulated Kid**, Dr. Roseann shows parents how to calm the brain first, decode dysregulation, and help kids build lasting regulation skills.

[LEARN MORE HERE](#)