When Learning Feels Overwhelming

A calm reset for the moment when nervous systems need support.



1. LOWER THE DEMAND

Pause the task, use fewer words, and set aside nonessential demands.

2. CHECK THE BODY

Hunger, thirst, pain, bathroom, temperature, noise, light, movement, fatigue.

3. OFFER TWO SAFE OPTIONS

Do you want quiet or company? Floor or sofa? Now or after a break?

4. RECONNECT BEFORE REDIRECTING

Safety first. Skills and repair can come after the nervous system returns.

REMEMBER:

A hard moment is information. It is not proof that your child cannot learn or that you cannot teach them.

"A soft answer turneth away wrath."

PROVERBS 15:1

What Was Their Brain Telling Us?

Look for the need underneath the behavior, without turning it into a character verdict.

THE DEMAND MAY HAVE FELT...

- [ ] too big
- [ ] too unclear
- [ ] too boring
- [ ] too sudden

THE ENVIRONMENT MAY HAVE FELT...

- [ ] too loud
- [ ] too bright
- [ ] too busy
- [ ] too still

THEIR BODY MAY HAVE NEEDED...

- [ ] food / water
- [ ] movement
- [ ] rest
- [ ] less input

NEXT TIME WE COULD TRY...

- [ ] showing the ending
- [ ] doing the first step together
- [ ] offering choice
- [ ] changing the format

REPAIR CAN SOUND LIKE:

That was hard for both of us. I love you. We can try again in a different way.

"Bear ye one another's burdens."

GALATIANS 6:2