

# THE REGULATED CLASSROOM™: A FRAMEWORK FOR REGULATION AND CONNECTION IN PARTNERSHIP WITH THE MAINE DEPARTMENT OF EDUCATION



The Maine Department of Education (DOE) is dedicated to ensuring educators and students have what they need to thrive. One powerful way we support this is through our partnership with The Regulated Classroom™ (TRC), a framework that helps classrooms become spaces where nervous systems feel safe, regulated, and ready to learn.

## WHY REGULATION MATTERS

When students or teachers feel stressed or overwhelmed, their nervous systems shift into survival mode, impacting focus, memory, and connection. Prioritizing regulation gives the brain access to curiosity and problem-solving.

**Regulation and Co-regulation are the foundation for success in every classroom**

- For Students: Regulated nervous systems support engagement, connection, and learning.
- For Educators: With the support to self-regulate, teachers can show up steady, connected, and flexible.

**THE REGULATED CLASSROOM™ IS SUPPORTED BY THE MAINE DEPARTMENT OF EDUCATION AS A FRAMEWORK FOR REGULATION, NOT A CURRICULUM**

TRC™ isn't "one more thing" to add to the plate. It integrates with existing curriculum and offers practical strategies called the 4 Core Practices (Connectors, Activators, Settlers, and Affirmations). These 2–5 minute micro-doses of regulation fit into daily routines without disruption, creating the conditions for optimal learning to occur.

Since 2023, 1,300 Maine educators have completed the TRC Train-the-Trainer model. **WHO** are your district TRC leaders? **HOW** can you access and share their knowledge and practices of regulation with your team?

To join the TRC Community of Practice...

 It's here! Join our new Community of Practice (free + fun + full of support!).