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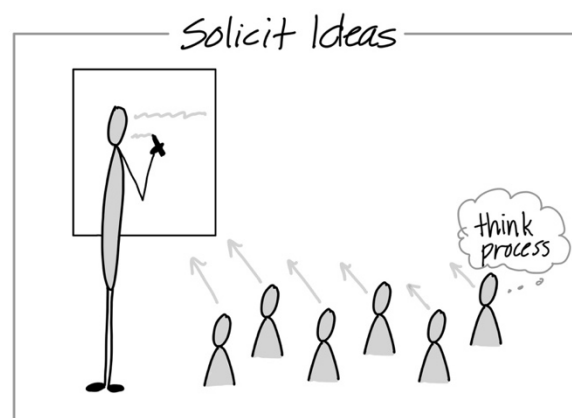
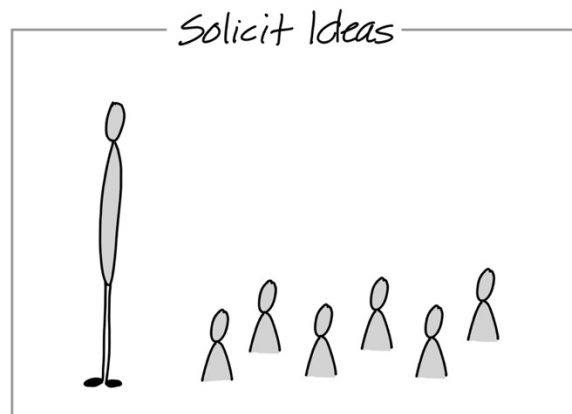
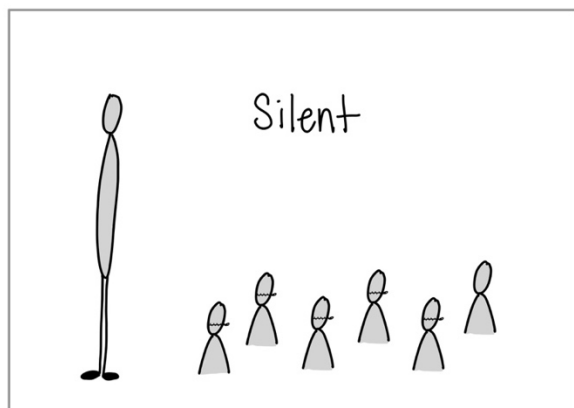
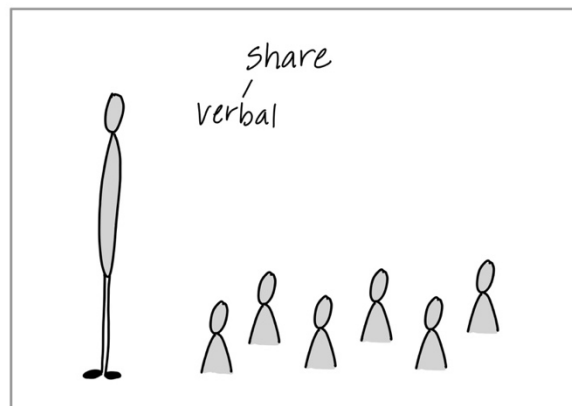
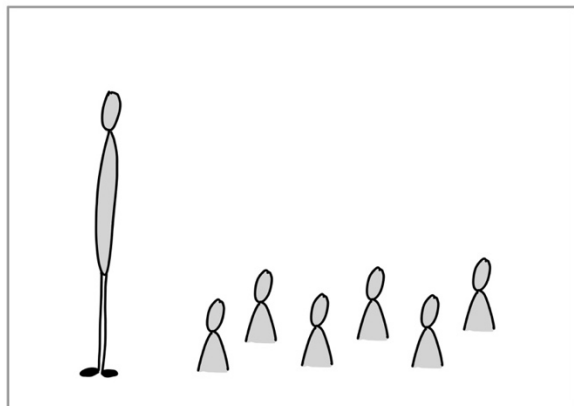
UNIS

Creating Groups that  
Understand, Nurture, Inspire, and Support  
Each Other

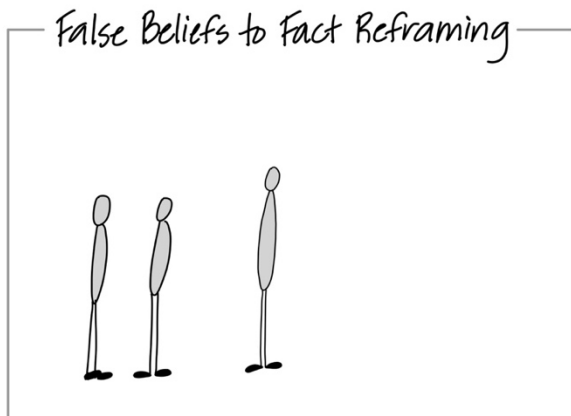
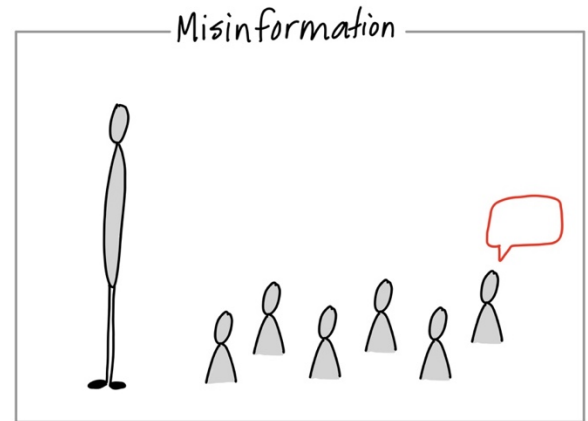
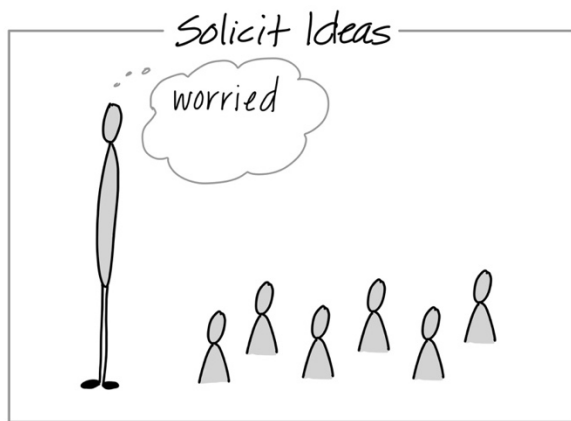
Section 7: When Times are Tough


The Catalyst Approach was  
Developed by Nancy Burns & Jacki Brickman

Speak Up  
Section 7



Speak Up  
Section 7



 Pause and Reflect-

Think of a situation you remember where you were a member of a group, or the leader of a group, and the group was silenced. What might have been the reason the group was silenced?



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Speak Up  
Section 7

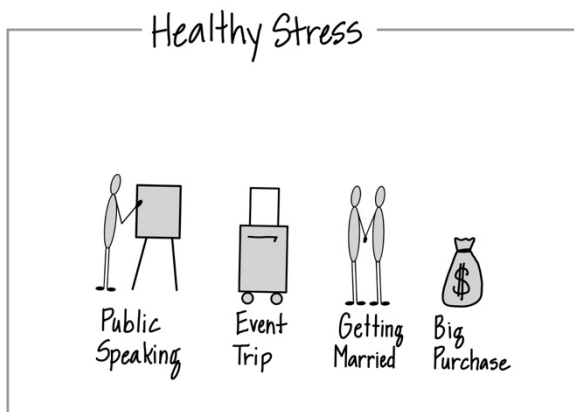
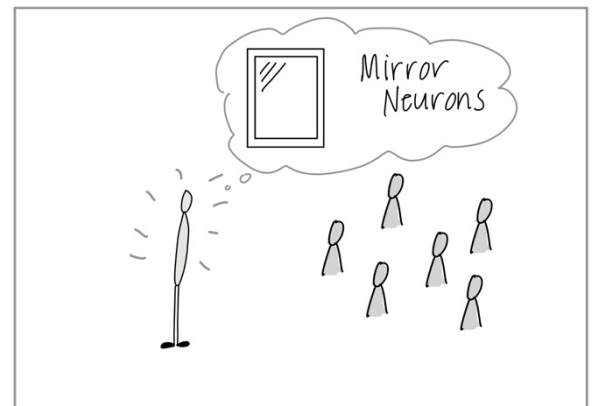
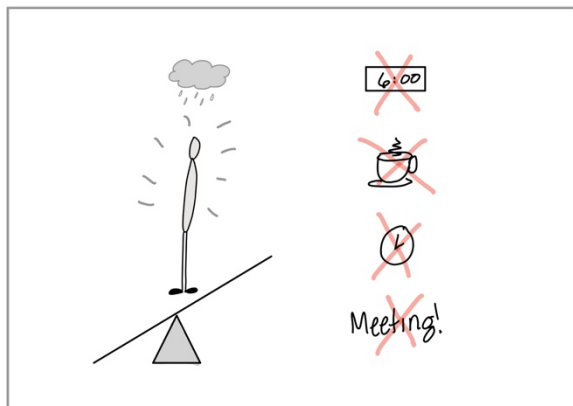
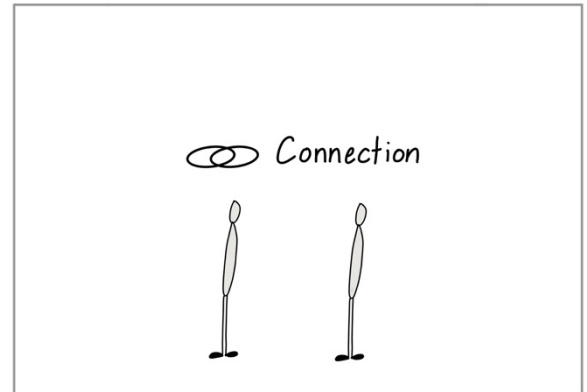
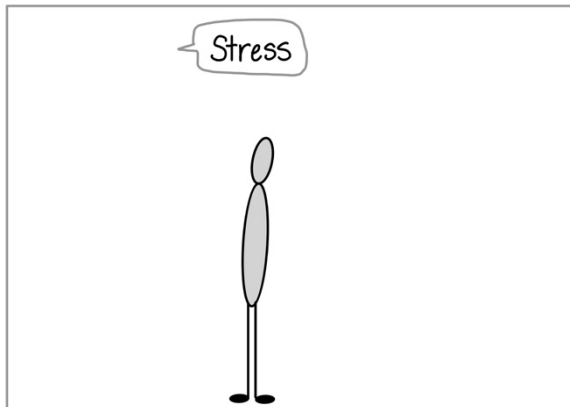
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If a similar situation came up again, what might you do if you were the leader? Member of the group?

What if a comment you made silenced the group?

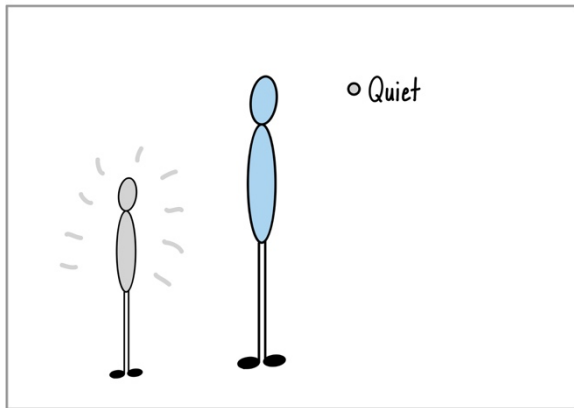
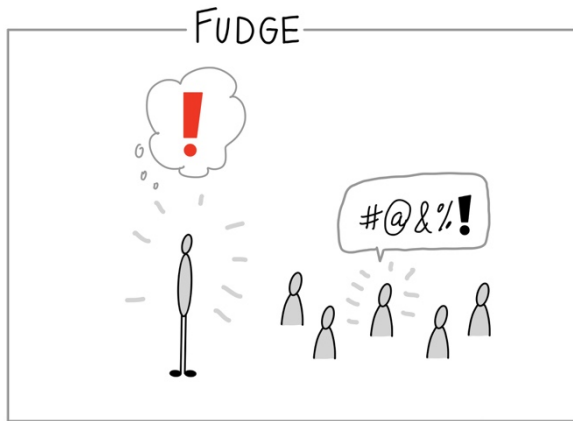
Oh, Fudge and Regulate Yourself UNIS Style

Section 7



## Oh, Fudge and Regulate Yourself UNIS Style

### Section 7



### Pause and Reflect-

1. Of all the Oh, Fudge categories: First, Unexpected, Demanding, gear switches and emotional situations, which one are you most likely to feel most dysregulated when you experience them?

2. When thinking of co-regulation, what are some ways you can be intentional in using strategies to calm your heart rate and better use your higher order thinking?



Article notes- Teacher-Candidate Anger Bias



Article notes- Interpersonal Synchrony