



1, 2, Re-Do

For Adults



1, 2, Re-Do

Tips for Use

1, 2, Re-Do is a simple strategy to reduce power struggles and help kids build Upstairs Brain skills. A few brain-based tips for success:

Soften your face.

- Your tone, eyes, and body send strong signals to the brain. Aim for calm, warm, and non-threatening.

Say less. Show more.

- Long explanations can feel like pressure. Keep it brief and give the brain space to try again.

Get started today!

- Choose one or two phrases that feel natural to you.
- Say them out loud. Practice when things are going (mostly) smoothly.
- Then, when a student needs a little support, you'll be ready to take **1 breath**, remember that the **2 of you are on the same team**, & offer a **RE-DO**.

Over time, these small moments help students build the ability to pause, reset, and try again.

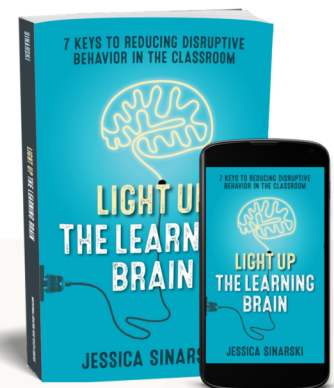
Find this tool and many more in [Light Up the Learning Brain](#). Also available on [Audible](#).

Use it early.

- The sooner you reset, the easier it is for the brain to shift out of protection mode.

Practice when things are calm.

- Try it in low-stakes moments so it's easier to access when things get tough.



1, 2, RE-DO

1



Take a
BREATH.

2



Remember:
we're a **TEAM.**

RE-DO

Support your student's ability to try again. Soften your face, and offer a second chance.

Simple & Steady

- Hey, let's try that again.
- Seems like something's feeling off.
- Can you try that a different way?
- I'm here to help.
- Want a minute to cool out?
- Do-over?
- Help me understand.
- Oops. Try again.
- Did you mean, "Can I please finish this real quick and then I'll come to the carpet"?

Playful & Light

- Uh-oh, I think that was your Porcupine talking.
- Reverse! Reverse!
- Screeeeech... let's back up and try again.
- Wait a minute. I think your Upstairs Brain might say that differently. Want to try?
- **Go words-free!** Create and use a playful re-do hand signal
- Pretend you are moving back in time and then repeat your instruction.

My go-to phrases: _____



TERMS OF USE



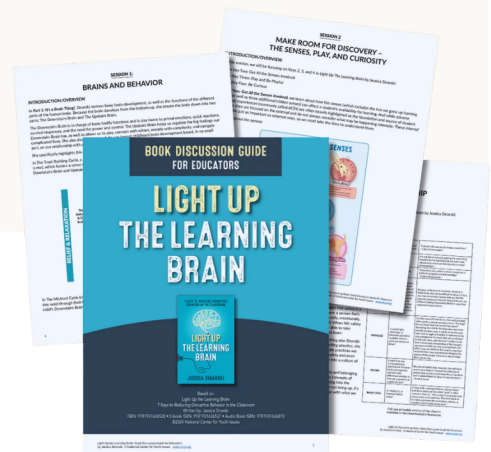
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