

Applying R.A.I.N.N. to SCHOOL Scenario

	Example #1	Example #2	Personal Scenario
SCENARIO	A student puts his head down AGAIN after repeatedly asking him to stay with you and giving him options to take a break.	You are finishing up a long day of teaching and suddenly hear over the loudspeaker that there will be a mandatory after school meeting.	
R (recognize what is happening)	You recognize anger rising in your body and your face start to get red.	You are speed walking through the halls back to your classroom, practically huffing and puffing.	
A (allow life to be just as it is)	You take a few deep breaths in response to the overwhelm you are feeling in your body.	Name how it is you are feeling right now- " ah, this is a moment of stress and I'm really annoyed at this moment."	
I (investigate inner experience)	You pause and notice your thoughts "This kid never listens to me" and "I wish I didn't care more about his future than he does."	Notice thoughts. "How could they spring a meeting on us now?" "I have too much to do!" Notice sensations and emotions. "My jaw is clenched and my shoulders just hiked up into my ears."	
N (nurture self)	You put your hand on your heart and take a deep breath remembering what you can control and what you can't.	Take a breath and notice that you are experiencing these thoughts and emotions and sensations. Reassure yourself that this is a difficult moment.	
N (next)	Invite student to hallway for a 1-on-1 conversation to get a more accurate feel for what is happening.	Decide what is the best thing for you at that moment considering all sides of the story. Is there more than one perspective that I may be missing that I now understand?	