

The Alignment Conversation Starter

When Home and School See Different Versions of the Same Child

Children often show different versions of themselves depending on the environment.

This tool shifts the conversation from “Who’s right?” to “What are we missing?”.

What We See at School

- Appears regulated during lessons
- Becomes withdrawn in group work
- Avoids speaking unless prompted
- Handles structured transitions well
- Struggles after unstructured time (recess, lunch)
- Relies heavily on routine
- Avoids peer interaction
- Other: _____

What We See at Home

- Morning anxiety before school
- Emotional exhaustion after school
- Irritability
- Shutdown or withdrawal
- Avoidance of social plans
- Increased meltdowns in the evening
- Sleep disruption during school weeks
- Other: _____

The difference is data — not defiance.

The Alignment Questions

Alignment doesn't start with blame. It starts with curiosity.

1. When does the dysregulation actually begin?
2. What part of the day feels hardest?
3. What expectations might feel heavier in one environment?
4. What does "coping" actually look like here?
5. What does the child say — if we slow down and ask?
6. What might this child be holding in at school?

Alignment protects children from carrying adult misinterpretation.
