



## Self-Regulation Skills

### What is it?

Self-regulation is the ability to monitor and manage emotions in situations where emotions can run high, allowing an individual to stay focused.

### Why it is important:

Research has shown that self-regulation is positively associated with student success. Self-regulation is learned over time through our experiences. Educators should develop and be aware of their own self-regulation, and provide an environment that helps develop students' self-regulation skills (co-regulate).

### Rules of Thumb:

- Start with you.
- Model for others.
- Establish routines. Predictableness.
- Build self-regulation activities into the day.
  - Taking turns
  - Sharing
  - Waiting
  - Negotiating
  - Problem solving
  - Collaborating

### Resources:

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December 2022 – Resource Page

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- Teaching self-regulation skills in the classroom: A 3-step approach. (n.d.). Retrieved December 5, 2022, from <https://www.positiveaction.net/blog/teaching-self-regulation-skills>
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