SELF-REGULATION . . .

Hard to define

. . . . But teachers and parents know when the child doesn’t have it!

CHARACTERISTICS OF SELF-REGULATION

- Challenges?
- All young children are developing self-regulation . . . It is their job!
- Foundational
- Critical for school readiness

SELF-REGULATION & EXECUTIVE FUNCTIONING

- Inhibition
- Delay Gratification
- Selective Attending
- Planning / Organizing
- Regulation of Emotional responses

MULTI-TIERED APPROACH

Few
Some
Whole Class
SPECIFIC CHALLENGES

1. I need to MOVE: Activities to help organize self
2. I want what I want when I want it: Learning to delay gratification and build flexibility
3. I wish I could tell you what I need: Communicating wants and needs more . . .

CHALLENGES CONT.

4. I am anxious and scared: Learning to self-comfort and calm in stressful situations
5. I want to play nicely with friends, but I don’t know how: Play with friends and family
6. I am in control: Practicing emerging skills for self-regulation

1. I NEED TO MOVE: ACTIVITIES TO HELP ORGANIZE SELF

Pair active songs with calming songs – don’t leave them hanging
• Some teachers are fearful of movement songs – "It gets them too wound up!"

Activity Suggestion: Movement bag

2. I WANT WHAT I WANT WHEN I WANT IT: LEARNING TO DELAY GRATIFICATION AND BUILD FLEXIBILITY

I Can Play the Drum ♪

Delay gratification:
• Wait, hang on, not impulsively making decisions or acting
• Starts with really brief intervals and fun, playful activities
• Take the stress out of equation

Activity Suggestion: Red Light, Green Light
• Paint, sensory table, transitions, making noise

MARSHMALLOW TEST

3. I WISH I COULD TELL YOU WHAT I NEED: COMMUNICATING WANTS AND NEEDS

Answer Yes or No ♫

• Children communicate through their behavior
• Coping with frustration
• Visual Supports

Activity Suggestion: Balloon Release
4. I AM ANXIOUS AND SCARED:
LEARNING TO SELF-COMFORT AND CALM IN STRESSFUL SITUATIONS

- Listen to the Rain ♫
- Balance of Predictability & Flexibility
- Prime and Pre-Teach
- Power of Music

Activity Suggestion: Wild Card

5. I WANT TO PLAY NICELY WITH FRIENDS, BUT I DON'T KNOW HOW:
PLAY WITH FRIENDS AND FAMILY

- Play with Me ♫
- Teeth are for Chewing ♫
- Other kids are unpredictable play partners
- Start with structured turn taking
- Use environmental / material adaptations to create social opportunities

Activity Suggestion: Tubes and 1 car

6. I AM IN CONTROL:
PRACTICING SKILLS FOR SELF-REGULATION

- Listening Body ♫
- Children need practice
- PBS
- Intentionally Teach Self-Regulation

Activity Suggestion: Roles in dramatic play