

Self Regulation Strategies For Teachers

Emotional Regulation

Model appropriate emotions for the situation

Brainstorm a list of calming strategies

Include time management skills to help individuals prioritize tasks and reduce feelings of overwhelm.

Role-play coping strategies paired with emotions

Create connections between scenarios and different ways to feel

Teaching the idea of working towards a dream, a future, and bright opportunities

Goal setting skills like SMART

How to ignore distracting stimuli and stay focused

Mental Regulation

Positive self-talk

Introducing the idea of pushing oneself to work hard, trying to overcome challenges

Introducing the concept of personal space and bubbles and being mindful of others space

Use of sensory friendly tools to help with focus and attention

Behavior Regulation

Teach activities that boosts alertness and calmness and use as needed

Label actions you see as revved up engine or slowed down engine and create a list of revving and slowing activities

Regulation breaks like movement after long periods of sitting

Mapping out steps to complete assignments. Creating to-do lists

Academic Regulation

Teaching how to use a planner

Different ways to ask for help, like raising you hand, asking a neighbour, or going to a trusted community adult.

Lesson on how to clean up your space, (e.g. desk area), maintaining school supplies, and putting stuff away in their proper place.