

Unit 4.5: Regulation Buddy System — TRIBE AS NERVOUS SYSTEM SUPPORT

≡ Components	Activity Instructions Reading Video
≡ Duration	15 min
≡ Notes	Match with opposite Builder Type. Weekly check-ins: Are you regulated? What do you need? Co-regulation practice, not therapy
✓ SOU Evidence	✓
⌚ Section	Module 3
⌘ Status	Not Started
≡ Subsection	Co-Regulation