

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