

EMOTIONAL REGULATION	Almost Always	Often	Sometimes	Almost Never
<b>2.1 Understanding Emotions</b>				
1. Identifies likes and dislikes				
2. Identifies emotions in self				
3. Identifies emotions on others				
4. Justifies emotions once identified (eating because I'm hungry)				
5. Demonstrates affection and empathy toward peers				
6. Refrains from aggressive behaviors toward peers				
7. Refrains from aggressive behaviors toward self				
8. Does not exhibit intense fears or phobias				
9. Interprets body language				
10. Uses different tones of voice to convey messages				
<b>2.2 Self Regulation</b>				
1. Allows others to comfort him/her if upset or agitated				
2. Self regulates when tense or upset				
3. Self regulates when energy level is high				
4. Deals with being teased in acceptable ways				
5. Deals with being left out of a group				
6. Accepts not being first at a game or activity				
7. Accepts losing at a game without becoming upset/angry				
8. Says "no" in acceptable way to things he/she does not want to do				
9. Accepts being told "no" without becoming upset/angry				
10. Able to say "I don't know"				
11. Able to end conversations appropriately				
<b>2.3 Flexibility</b>				
1. Accepts making mistakes without becoming upset/angry				
2. Accepts consequences of his/her behavior				
3. Accepts unexpected changes				
4. Continues to try when something is difficult				
5. Ignores others or situations when it is desirable to do so				
<b>2.4 Problem Solving</b>				
1. Identifies/defines problems				
2. Generates solutions to problems				
3. Carries out solutions by negotiating or compromising				
4. Understands impact his/her behavior has on peers				

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# Self Regulation in the Classroom

Rate yourself on the following scale: Always, Sometimes, Not so much

Once complete, establish goals for improvement and determine how to reach those goals.

Your classroom success depends on your great self regulation skills in the classroom. Where can you improve?	Always	Sometimes	Not So Much
1. Ready and prepared for each activity. (pencils, books...)	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
2. Participate in small and large group activities.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
3. Complete work on time.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
4. Remain on task.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
5. Follow the classroom rules and routines.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
6. Ask for help at appropriate times.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
7. Remain in seat as requested.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
8. Wait for your turn.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
9. Refrain from speaking out of turn.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
10. Complete tasks to the best of your ability.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
11. Work consistently without warnings	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
12. Put your hand up for questions and or answers.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
13. Cooperate with others.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
14. Accept feedback appropriately.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
15. Review your work for completion and errors regularly.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
16. Answer requests politely.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
17. Use appropriate language.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
18. Follow directions and comply with requests.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
19. Ignore distractions.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
20. Organize belongings.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
21. Attempt to solve problems independently first.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
22. Keep hands and feet to your self.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	
23. Use appropriate voice tone.	<div style="width: 100px; height: 10px; background-color: green;"></div>	<div style="width: 100px; height: 10px; background-color: green;"></div>	