**Self –Regulation Rubric**

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| **Domains** |
| ***Biological Domain**** Soft starts (e.g. reading, repetitive activity, craft, nature walk, yoga, talking circles)
* Up and down regulation
* Explicit teaching of tools (bike, sensory circuit, rocking chair)
* Environmental adaptations - seating, flow, light, sound
* Common language (mindfulness/self-aware, emotional literacy)
* Deep breathing techniques
* Food/hydration
* Help parents to investigate medical concerns (e.g. allergies, eczema; rule out hearing/vision)
* Lessons: Breathe, brain, mindfulness, explicit teaching of tools
 | ***Emotional Domain**** Emotional literacy
* Emotional modulation: Zones of Regulation/Temperature gauge and reset tools
* Physiological/Body Awareness
* Quiet box (tension, soft, manipulative and squishy)
* Bibliotherapy (anger, anxiety, positive emotions)
* Child-empowering language(what do you need vs what are you doing)
* Consider trauma impacts
* Lessons: Emotional literacy and reset tools for emotional regulation
 | ***Cognitive Domain**** Metacognitive strategies
* Establish routines
* Organizational techniques
* Differentiated instruction
* Attentional games (Simon Says)
* Alternative seating areas
* Rule out developmental concerns e.g. language
* Lessons on PBIS
 | ***Social Domain**** Problem solving/restorative justice and peace tables
* Cooperative skills (e.g. PATHS, PAX, TRIBES) in class and at recess
* Talking circles
* Social Cognition: social-awareness and perspective taking)
* Lessons on all the above
 | ***Pro-Social Domain**** Volunteerism/ service learning (work with elders, animals, younger students)
* Building Community in class: Gratitude/optimism/happiness closing circles
* Programs could include: Second Step, MindUp, Be The Change, Virtues Project, Search Institute Developmental Assets
* Lessons on kindness, generosity and empathy
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http://www.yesnet.yk.ca/staffroom/self\_reg.html