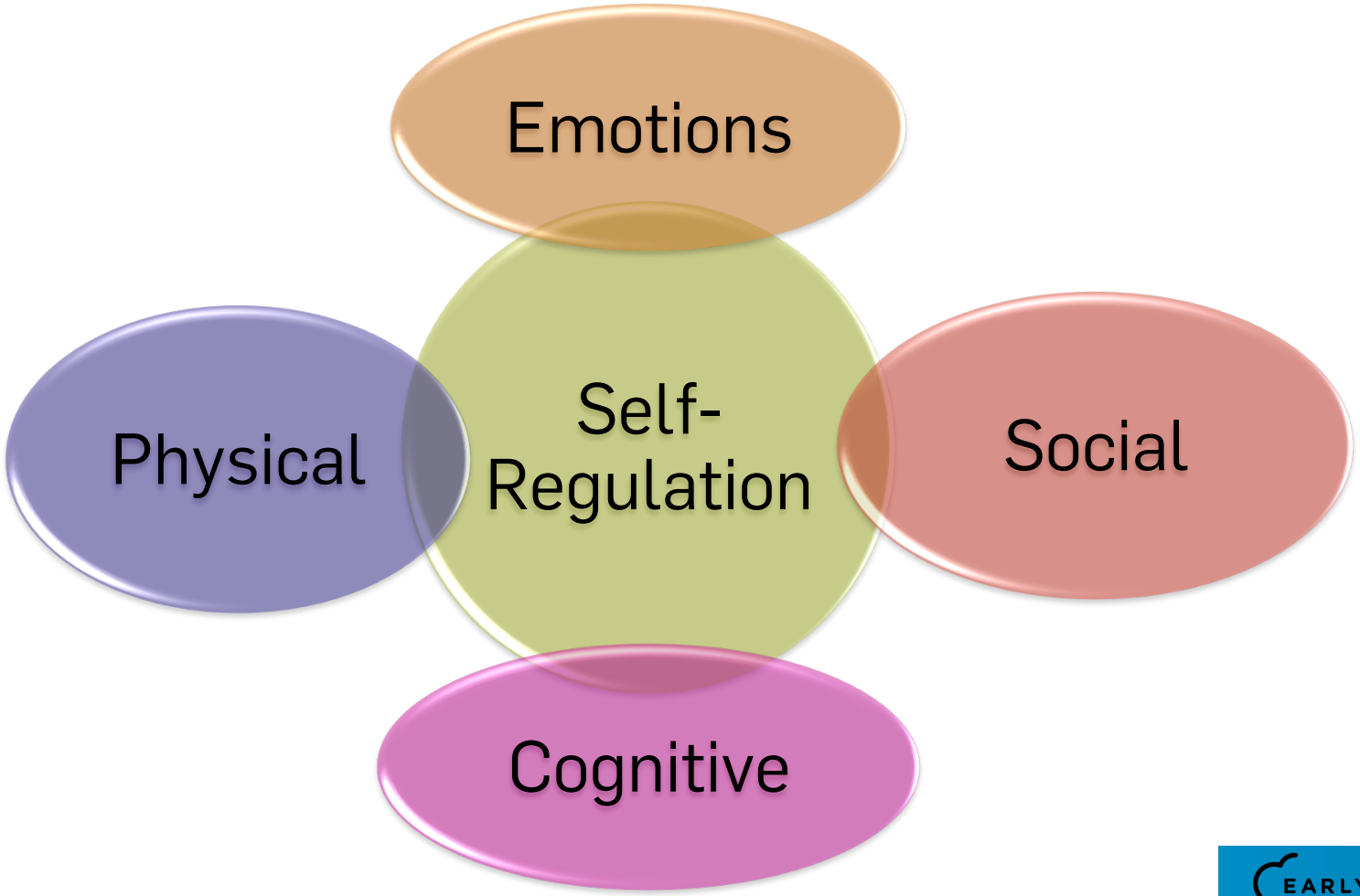
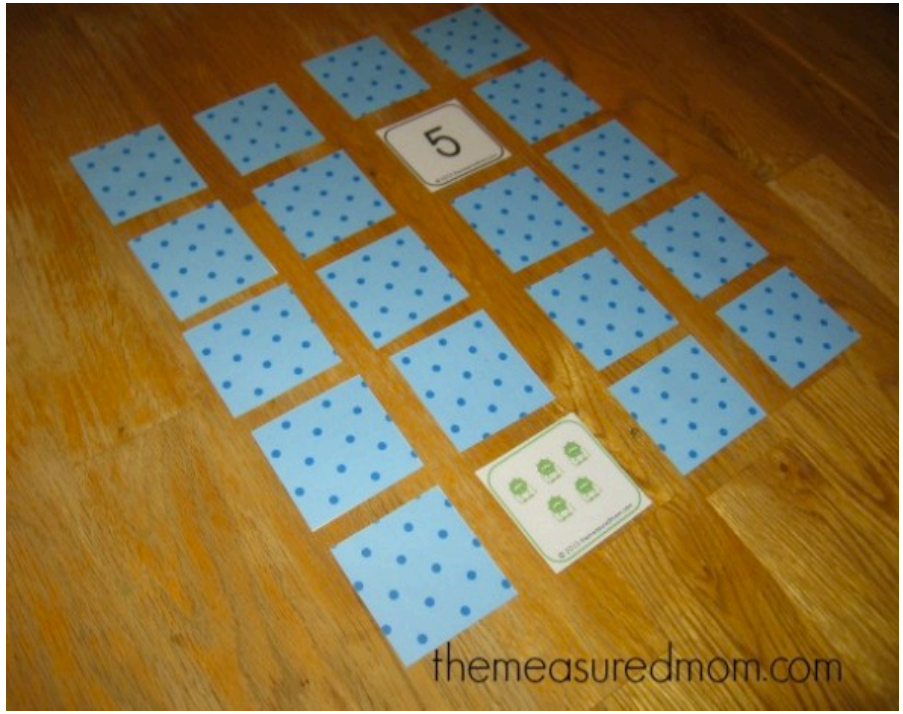
How do we effectively support children to learn self-regulation?


Emotions
Physical
Self-
Regulation
Social
Cognitive

Teaching self-regulation does not require a separate curriculum – the most powerful way educators can help children learn self-regulation is through communication, modelling and scaffolding during ordinary literacy, numeracy, science and play activities.

Links with the Curriculum: Mathematics



- Animal dice game (relate the different numbers on the dice to animals)
- Number matching memory game (numeral to dot matching)
- Class classification transition activity (sort small groups according to different traits)