

Reflective Activity: State of Regulation Impact

The foundational concept is that teachers and adults in children's lives need to be able to relate to them to support their level of regulation. While this is the case, teachers also need to hold the structure, boundaries, and expectations of the classroom in a firm, yet warm way. Take a moment to think a little bit more in depth about how your state of regulation may impact your ability to utilize and access these strategies effectively. Do you notice that you tend to become more punitive if you are in a fight state of regulation? Does your teaching style change? What about the way or frequency with which you praise? Reflect below and comment on how your state of regulation impacts each of the following strategies:

Teaching Style

• When I am regulated I:

• When I am dysregulated I:

Holding Natural Consequences

• When I am regulated I:

• When I am dysregulated I:

Using Sincere, Specific Praise

• When I am regulated I:

• When I am dysregulated I:
