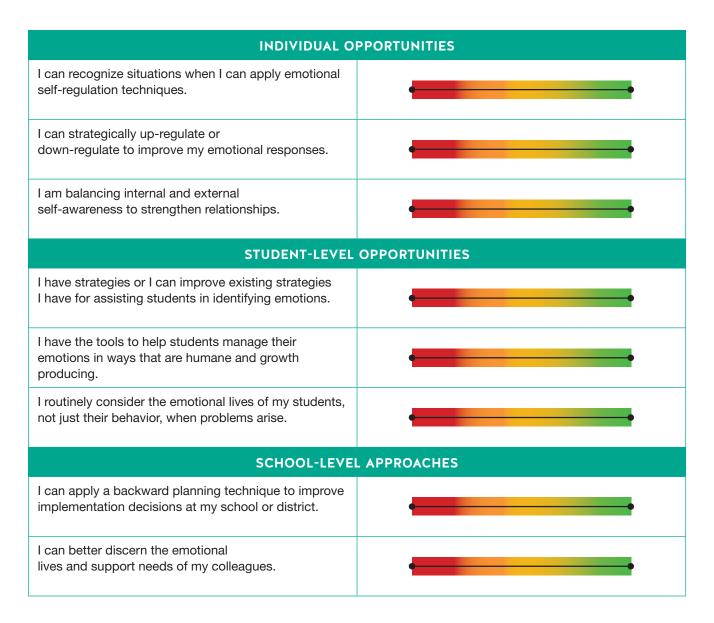
SELF-ASSESSMENT

Perhaps there is no more suitable module for self-assessment than one dedicated to emotional regulation. Revisit the major concepts and practices profiled in this module and use the traffic light scale to determine where you are now in each practice.

Menu of Practices on Emotional Regulation

Use the traffic light scale to reflect on your current practices as they relate to emotional regulation at the levels of self, students, and school. What areas do you want to strengthen?



(Continued)

(Continued)

REFLECTION QUESTIONS



What do I need to do to change my reds to yellows?



Who can support me to turn my yellows into greens?



How am I using my greens to positively contribute to the good of the whole?

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