



## C1 – What is Regulation?



## Regulation Match

10-15 Minutes  
Individual

Match feelings with ways you might regulate them.

### MATERIALS:

- *Regulation Match* handout (one per learner)

### LEADER GUIDANCE:

1. Distribute the *Regulation Match* handout and read aloud the directions.
2. Support learners as needed. For example, prompt learners to remember a time they felt hungry or hot, and what helped them feel better. Or have learners choose between one silly idea and one helpful idea. For example, if you are hot, would you regulate by eating hot soup or drinking cold water?

### ALTERNATIVE ACTIVITY:

Cut out the items, and ask learners to match or pair them.

### LEARNER REFLECTION:

We found a lot of ways that we regulate every day. How does regulating these things help us to feel well or do our jobs?

# Regulation Match



NAME \_\_\_\_\_ DATE \_\_\_\_\_

**DIRECTIONS:** Connect each feeling with a way to regulate it.

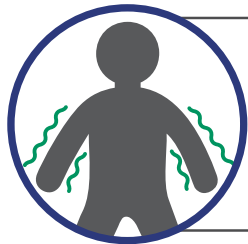
## WHEN I FEEL



Hungry



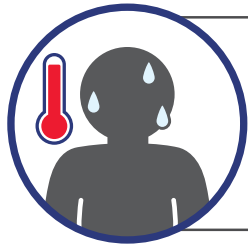
Tired



Wiggly



Sad

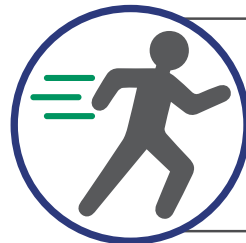


Hot

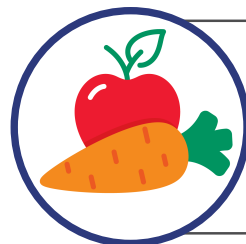


It's noisy

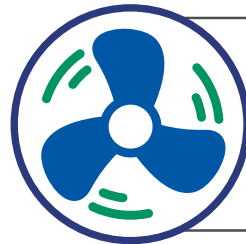
## WAY TO REGULATE



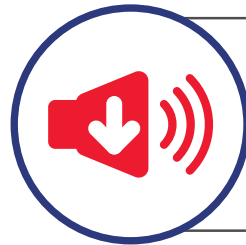
Move  
my body



Eat  
a snack



Turn on  
a fan



Turn  
down the  
volume



Get a  
hug



Rest