

C1 - What is Regulation?





## **Regulation Match**

Match feelings with ways you may 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 your regulate by eating hot soup or drinking cold water?

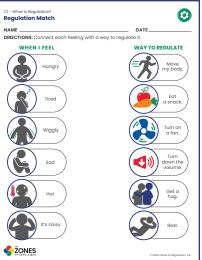
#### **ALTERNATIVE ACTIVITY:**

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?

10-15 Minutes Individual





# **Regulation Match**



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

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

### **WHEN I FEEL**



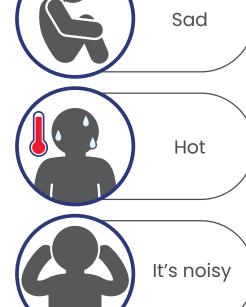












## **WAY TO REGULATE**













