



C1 – What is Regulation?



Regulation Scavenger Hunt

10 Minutes
Small Group

Search for things we can regulate in our environment and within our bodies.

MATERIALS:

- *Regulation Scavenger Hunt* handout (one per group)

LEADER GUIDANCE:

1. Divide learners into pairs or small groups.
2. Distribute the *Regulation Scavenger Hunt* and read the directions and the text in each box aloud.
3. If needed, support learners in coming up with ideas to complete the scavenger hunt.










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?

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Regulation Scavenger Hunt

NAME(S) _____ DATE _____

DIRECTIONS: Look for things you can regulate. Mark each one you find.

 Find something that regulates light.	 Find something that regulates sound or volume.	 Find a piece of clothing that regulates temperature.
 Find something (besides clothing) that regulates how hot or cold something is.	 Point to a part of your body that regulates how hungry or full you are.	 Point to a part of your body that helps you regulate your speed.
 Point to a part of your body that helps you regulate your strength or power.	 Find something with a dial or switch that you can regulate.	 Point to a part of your body that helps you regulate your voice volume.

THE ZONES OF REGULATION

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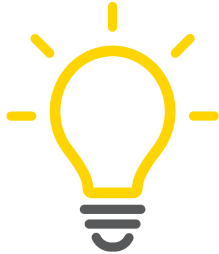
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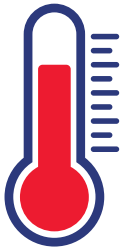
Find something that regulates light.



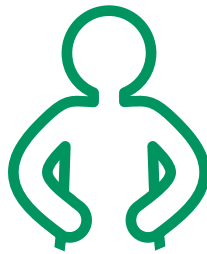
Find something that regulates sound or volume.



Find a piece of clothing that regulates temperature.



Find something (besides clothing) that regulates how hot or cold something is.



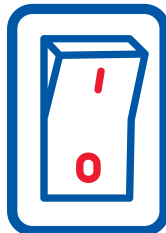
Point to a part of your body that regulates how hungry or full you are.



Point to a part of your body that helps you regulate your speed.



Point to a part of your body that helps you regulate your strength or power.



Find something with a dial or switch that you can regulate.



Point to a part of your body that helps you regulate your voice volume.