Self-Regulation Activity Crosswalk

This table shows the location of each Self-Regulation Strategy within the three grade bands of the Self-Regulation Lessons [Primary, Intermediate, and Secondary]. Regular font indicates that the strategy is addressed but is not the

primary purpose of the activity. Bold font indicates that the strategy is a primary focus of the activity.

| Strategy | Primary Activities | Intermediate Activities | Secondary Activities |
|--|--|--|--|
| Imagine the Path to My Success | 2 , 3, 4, 5, 6, 7, 8 , 9, 10, 11, 12, 15 , 17, 21, 23 , 29, 30 | 2 , 3, 5 , 7 , 8 , 9, 11 , 12, 15 , 17, 21, 23 , 29, 30 | 2 , 3, 5 , 7 , 8 , 9, 11 , 12, 15 , 17, 21, 23 , 29, 30 |
| Break It Down | 6 , 7 , 8 , 9, 10, 11, 12, 15 , 17, 21, 22 , 24 , 29, 30 | 6 , 7 , 8 , 9, 10, 11 , 12, 15 , 17, 21, 22, 24 , 29, 30 | 6 , 7 , 8 , 9, 10, 11 , 12, 15 , 17, 21, 22, 23 , 29, 30 |
| Manage Big Feelings | 14 , 15 , 24 , 29, 30 | 14 , 15 , 24 , 29, 30 | 14 , 15 , 24 , 29, 30 |
| ROAD CLOSED Predict Obstacles PREDICT OBSTACLES | 2 , 3 , 4 , 5 , 6, 7, 8, 9, 10, 11, 12, 14, 15 , 17, 22 , 23 , 29, 30 | 2 , 3, 4, 5 , 6, 7 , 8, 9, 10, 11 , 12, 15 , 17, 21, 23 , 29, 30 | 2 , 3 , 5 , 7 , 8, 9, 11, 12, 15 , 17, 21, 23 , 29, 30 |
| ✓ Monday □ Tuesday ✓ Wednesday TRACK MY EFFORT | 16, 17, 18, 25, 29, 30 | 16 , 17 , 18 , 21, 25 , 29, 30 | 16 , 17, 18, 21, 25 , 29, 30 |
| Notice My Progress | 16, 17, 18, 25 , 29, 30 | 16 , 17 , 18 , 21, 25 , 29, 30 | 16 , 17, 18, 21, 25 , 29, 30 |
| Brainstorm My Options Brainstorm My Options | 20 , 21 , 26 , 29, 30 | 19, 20 , 21 , 26 , 29, 30 | 19, 20 , 21, 26 , 29, 30 |
| Choose My Response | 20 , 21 , 26 , 29, 30 | 20 , 21 , 26 , 29, 30 | 20 , 21, 26 , 29, 30 |
| Keep Doing Stop Doing | 22 , 27 , 29,30 | 22 , 27 , 29, 30 | 22 , 27 , 29, 30 |
| T can improve on Regulate Even Better | 28, 29 , 30 | 28 , 29, 30 | 28 , 29, 30 |

Gaumer Erickson, A. S., Noonan, P. M., & Heger, E. (2025). *Self-regulation lessons* [Teacher lessons and student workbook]. College & Career Competency Framework. www.cccframework.org/competency-lessons-and-student-workbooks