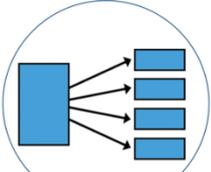
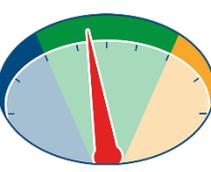
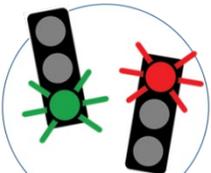


Cut out each icon and choose nine to place or glue in the spaces on the bingo card. Listen as your teacher reads clues that describe each strategy.

Self-Regulation Strategies Bingo Card

 <p>IMAGINE THE PATH TO MY SUCCESS</p>	 <p>BREAK IT DOWN</p>	 <p>MANAGE BIG FEELINGS</p>	 <p>PREDICT OBSTACLES</p>	 <p>TRACK MY EFFORT</p>
 <p>NOTICE MY PROGRESS</p>	 <p>BRAINSTORM MY OPTIONS</p>	 <p>CHOOSE MY RESPONSE</p>	 <p>KEEP DOING... STOP DOING...</p>	 <p>REGULATE EVEN BETTER</p>

Bingo Clues:

- When you use this strategy, you think about what it will look and feel like when you have met your goal.
[Response: **imagine the path to my success.**]
- When you use this strategy, you think about what you could do to get started and what action steps you will do as you are working toward your goal.
[Response: **break it down.**]
- When you use this strategy, you might take a few deeps breaths, take a break, or say positive things to yourself.
[Response: **manage big feelings.**]
- By using this strategy, you think about how hard you are trying and if you need to try harder.
[Response: **track my effort.**]
- This strategy helps you know if you are getting better at something or closer to meeting your goal.
[Response: **notice my progress.**]
- When you use this strategy, you think about the things that could go wrong or get in the way of meeting your goal.
[Response: **predict obstacles.**]
- You use this strategy to think of three options when you have a choice to make.
[Response: **brainstorm my options.**]
- When you use this strategy, you select one option from three choices.
[Response: **choose my response.**]
- This strategy helps you think about your action steps and decide which ones are working and which ones aren't.
[Response: **keep doing ... stop doing ...**]
- When you use this strategy, you think about the Self-Regulation Strategies you do well and the ones you still need to practice.
[Response: **regulation even better.**]