

## Self-Regulation Strategies Matching Game

**Directions:** Draw a line from the self-regulation strategy on the left to its matching description on the right.



1. Imagine the path to my success

a. I think about how I'm improving when I'm working toward a goal.



2. Break it down

b. I list small actions to make progress toward my goal.



3. Manage big feelings

c. I reflect on what I find easy and difficult about self-regulation so I can do better next time.



4. Predict obstacles

d. I stop and think about each choice I could make and its effect on my progress.



5. Track my effort

e. I determine that IF a barrier gets in my way, THEN I will ...



6. Notice my progress

f. I think about what it will look like, feel like, and sound like as I make progress and succeed.



7. Brainstorm my options

g. I keep track of how much time I'm spending and how hard I'm working while completing a task.



8. Choose my response

h. I think about which actions are helping me and which aren't, then act accordingly.



9. Keep doing ...  
Stop doing ...

i. I can't stop my big feelings, but I can control how I act on them.



10. Regulate even better

j. I pick the choice that best helps me make progress.

Answers: 1. f. 2. b. 3. i. 4. e. 5. g. 6. a. 7. d. 8. j. 9. h. 10. c.