

Regulate Even Better (Elementary)

Think about a goal that you have successfully achieved. It could be turning homework in on time, ice-skating without falling, or getting along better with your sibling. Self-Regulation Strategies likely helped you meet that goal. And it's important to think about how you self-regulated to meet a goal, using the strategy ***regulate even better***. Think about the entire process of self-regulation. What did you do that helped you meet your goal? Whatever helped you this time can probably help you again when you move on to your next goal. Think about what you did well and which parts were challenging.

When I start planning to learn something new, I use the strategy ***regulate even better***. The easiest part of self-regulation for me is ***predicting obstacles***. I always write down obstacles so I can think of ways to avoid them. Looking back on all the hard things I've done before gives me the confidence I need to overcome new obstacles.

The hardest part of self-regulation for me is ***breaking it down***. Sometimes I think all at once about everything I have to do as just a couple large, complex steps. When I do that, it's easy to feel like I'll never reach my goal. Because I find ***breaking it down*** hard, I tell someone my plan and look for ways together to turn a big goal into several smaller tasks.

Now that you've used self-regulation to reach your goal, use the strategy ***regulate even better***. By reflecting on what you find easy and difficult, you will improve your ability to self-regulate.