What Is Self-Regulation? (Elementary)

Have you ever wanted to learn something new? Have you ever wanted to get better at something? Maybe you wanted to learn to play the guitar or improve your reading, but you just weren't sure how to get started. When you want to learn something new or improve your ability to do something, self-regulation will help.

Self-regulation is breaking up a goal into a set of steps that you plan in advance. Doing this can help you learn skills, manage emotional reactions, and accomplish tasks.

Learning self-regulation strategies will help you do better in school, take steps to learn new things on your own, and avoid distractions that can get in the way of your learning.

To better self-regulate, I use strategies like ***imagine the path to my success***, ***break it down***, ***manage big feelings***, ***track my effort***, and ***notice my progress***. These strategies will help me complete challenging tasks, make progress toward my goals, and improve my ability to do anything. Self-regulation strategies will help you too!