

## CHILDREN AND SELF REGULATION

Where are your child's strengths?

Date:

|  |           |          |
|--|-----------|----------|
| Your child knows at least five emotion words                   | Challenge | Strength |
| Your child knows one strategy for calming down                 | Challenge | Strength |
| Your child can focus their attention for a short time          | Challenge | Strength |
| Your child will wait for a treat                               | Challenge | Strength |
| Your child will stop doing something when you ask them to stop | Challenge | Strength |