

Self-Regulation Strategies, Benefits & Terms

Visit each station, answering the questions below. Put a star next to one or two strategies/skills you would like to try. **Include the following vocabulary words in your answers below:**

- mixed resource
- personal resource
- body literacy
- sensations

RESOURCING	
What is it? How do I do it?	When/why use this strategy?

GROUNDING	
What is it? How do I do it?	When/why use this strategy?

TRACKING	
What is it? How do I do it?	When/why use this strategy?

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(continued)

SHIFT & STAY	
What is it? How do I do it?	When/why use this strategy?

REFLECTION
What are the benefits of practicing these strategies?