

Share your go-to strategies to teach students personal coping skills and how to self-regulate. If it comes from a source, please link it in the title of the strategy.

[pK-6 Strategies to support regulation](#)

[6-12 Strategies to support regulation](#)

[Adult Strategies to support regulation](#)

[My Next Steps](#)

pK-6 Strategies to support regulation				
Strategy	Energizer or Calming strategy?	How/when I use it with students	My contact information	I am willing to... • Answer questions about this strategy • Show you how it works with my students • Other

6-12 Strategies to support regulation				
Strategy	Energizer or Calming strategy?	How/when I use it with students	My contact information	I am willing to... • Answer questions about this strategy

				• Show you how it works with my students • Other

Adult Strategies to support regulation				
Strategy	Energizer or Calming strategy?	How/when I use it	My contact information	I am willing to... • Answer questions about this strategy • Show you how it works • Other

My Next Steps				
Strategy	Energizer or Calming strategy?	The Plan (write it here or link your planning doc)	My contact information	I would love... • To answer questions about my plan • Talk with others about how it went • Feedback from others about my plan. I am wondering... • Other

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