**Self-Regulation Rubric and Strategies**

Please rank the student/child in all 5 domains (on average)

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|  |  Level of support | Strategies/Supports |
| Domain | 1Unable to... | 2Beginning to with assistance | 3With limited assistance | 4Independently & consistently |
| Biological* Focus around distractions
* Sufficient energy throughout day
* Recoup energy after taxing experience
* Follow healthy routines
 |  |  |  |  |  |
| Emotional* Recover from adversity
* Healthy and realistic sense of self
* Ability to modulate strong emotions
* Courage to learn new things
* Desire to achieve goals
 |  |  |  |  |  |
| Cognitive* Manage time
* Focus and switch focus
* Plan and execute several consecutive steps
* Self reflection/awareness
* Set goals, develop plan
* Consider multiple perspectives
 |  |  |  |  |  |
| Social* Understand feeling and intentions of self and others
* Respond appropriately
 |  |  |  |  |  |
| Pro-social* Empathetic
* Helpful
* Enter to social situations
 |  |  |  |  |  |