**Self-Regulation Rubric and Strategies**

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

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

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| --- | --- | --- | --- | --- | --- |
|  | Level of support | | | | Strategies/Supports |
| Domain | 1  Unable to... | 2  Beginning to with assistance | 3  With limited assistance | 4  Independently & 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 |  |  |  |  |  |