

Self-Regulation 2 – areas to consider

1.

Biological

- Excessive visual stimulation, noise, insufficient exercise, having to be too still, cluttered classroom

Emotional

- Intense emotions - both positive (over-excitement) and negative (fear and anger), anxiety, change in routines

Cognitive

- Difficulty in processing certain kinds of information (organising thoughts, time constraint, interruptions)

Social

- Difficulty in understanding the effect of their behaviour on others and in understanding social cues, bullying

Prosocial

- Difficulty in coping with others' stress, feelings of injustice, being late, empathy/sympathy