

# Self-Regulation Facilitation Guide

## Introduction

In this video you will find an introduction to **Self-Regulation** from the Learning Skills and Work Habits section of the Growing Success document, 2010. This resource is meant to support board, school, and classroom implementation of these concepts. The video production was created through the London Region MISA PNC in order to promote a common understanding and support across the region.

This resource provides a unique opportunity for us to analyze what we see and hear to move our learning forward. We sincerely appreciate all educators who allowed us windows into their thinking and practice.

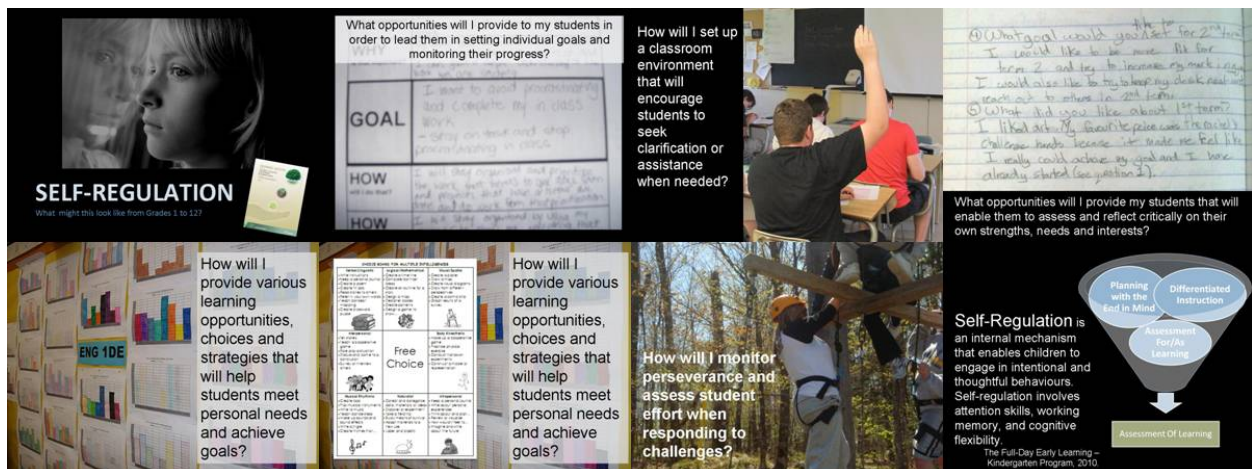
Video URL: <http://www.misalondon.ca/a&e.html>

Video Run Time: 2 minutes 35 seconds

Self-Regulation Definition:

Self-Regulation is an internal mechanism that enables children to engage in intentional and thoughtful behaviours. Self-regulation involves attention skills, working memory, and cognitive flexibility.

Screen shots from the video:



# Getting Started

## Think Pair Share

Direct attention to the viewing guide for this video. Prior to watching the video have participants take a moment to review the definition of the Learning Skill and Work Habit and add their own ideas to the 'my thoughts' section. Ask participants to share what they entered into the 'my thoughts' section with a person sitting beside them.

# Watching the Video

It is suggested that this video be viewed at least twice.

During the first purposeful viewing of the video, participants should enter information into the viewing guide chart using a **student lens**.

During the second purposeful viewing of the video, participants should enter information into the viewing guide chart using a **teacher lens**.

# Extending into the Classroom

Participants join into groups of between 3 or 4 to share the contents of their viewing guide chart. Participants then add new ideas into their chart. As a group or individually, participants complete the 'Next Steps for my classroom:' section below the chart.

Finally, participants should prioritize their identified classroom next steps. Share the immediate classroom priorities with your division, subject area, or grade level.

## Learning Skills & Work Habits - SELF-REGULATION Viewing Guide

### Self-Regulation:

*Video definition* - Self-Regulation is an internal mechanism that enables children to engage in intentional and thoughtful behaviours. Self-regulation involves attention skills, working memory, and cognitive flexibility.

*My thoughts* -

<b>General observations for this Learning Skill and Work Habit from the video</b>	<b>What are the implications for student behaviour?</b>	<b>What are the implications for teacher practice?</b>

### Next steps for my classroom: