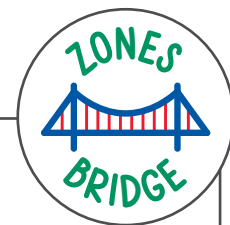


Concept 1 – What is Regulation?



WHAT ARE WE LEARNING?

In this concept we learned what **regulation** is and how it helps us. Regulation means being able to adjust or control something so it works well.

- We discussed different things we can regulate, such as the speed of a fan or the temperature of water.
- We explored how we can also regulate our body in a variety of ways:

Eating a snack
to regulate
hunger

Drinking water
to regulate
thirst

Taking a nap
to regulate
being tired

Putting on
a jacket to
regulate
temperature

Using deep
breathing to
regulate feelings
and behaviors

Some things in our body are easier to regulate, like temperature or hunger, while others take more time to learn, such as being able to regulate our feelings. In fact, adults continue to develop these skills as we work to manage the stressors in life.



WHY IS IT IMPORTANT?

Regulation is an important skill that helps us manage life's ups and downs. It supports our ability to work, to interact with others, and to feel more comfortable throughout our day. To put it another way, regulation supports our well-being.



ASK AND SHARE

To help with learning, discuss these questions together.

- *What are some things we can regulate, adjust, or manage?*
- *What is a way you can regulate your body? How does that affect how you feel?*



BRIDGE ACTIVITY: REGULATION CHARADES

Take turns pretending to regulate different things around your space or within your body, then guess what action is being acted out. Make your guess using the sentence below:

I think you are regulating _____ by _____.

(Example: I think you are regulating the lights by using the dimmer switch.)