



Teaching Support video script: Self-regulation

0:00 to 1:03 – a teacher describes on observation of self-regulation:

So, an important part of teaching children to self-regulate is to ensure that they are independent in what they can do, and that they can do things for themselves.

When they are putting aprons on, for example, it is important to let them do it as much as they can but also just give them that helping hand if they need it. But to step back and let them persevere. If it is tricky, they need to have that achievement that they have persevered and persevered and then they have managed to do it themselves.

And also teaching them to ask somebody else to help as well, and it doesn't always have to be an adult, it can be another child.

A really good example of self-regulation I saw today was when the children were painting or playing with the water. They knew they needed their apron on to protect their clothes, so they independently go and get their aprons. They try and put them on themselves. They persist and they get that achievement when they have actually put it on.

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