

Tales from a School Counselor: Can You Fix Him?



Sometimes the request is that explicit, other times it is more subtle. In either case, the answer is “no.” I can’t pluck a student from class and teach him or her how to pay attention, how to stay on-task, how to not be impulsive, nor how to follow directions.

My wand got stepped on by someone running in the halls!

However, together, we can support self-regulation. When a student is able to self-regulate, all of these things will be options. Without self-regulation, these options don’t exist.

There is no room in this conversation for finger pointing, nor comments like “he doesn’t act that way in my room.” Without **transferable self-regulation skills**, kids won’t learn. They won’t effectively manage their emotional lives or behaviors. They won’t feel good about themselves. The bottom line is, they won’t be successful academically, psychologically, or socially.

We all need to understand how to support the development of self-regulation.
This takes a team approach!

- Authenticity
- Modeling Self-Regulation
- Being an External Regulator
- Movement
- Breathing Exercises
- Concept of Braindrops
- Learning Tools
- In-Focus Program
- Mindfulness & Sensory Experiences
- Menu of Options
- Regulation Areas

**ALL students & classrooms
benefit from learning skills in self-regulation.**