

Am I Nicely Alert and Ready to Play and Learn?

Too slow

Ready to play and learn!

Too fast



When our "engines run too high" or our "engines are too sluggish" we have a hard time concentrating. We might get angry, lose interest or become frustrated at the task at hand. Adults learn self-regulation ~ they might chew gum, go for a run or walk, listen to music. Children need to learn their own strategies and our job is to help them identify them.

Over is an image which might help but it would be a good idea to personalise this to suit the child you are supporting. Share this with all relevant staff working with the child and add any strategies they have identified.

