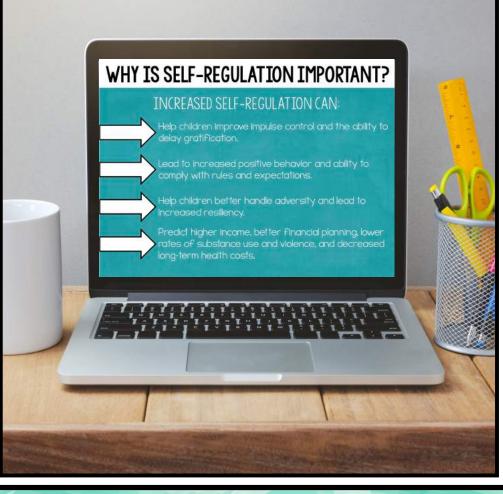
## Engage parents and families in social emotional learning with a self-regulation family night!

	E RECULATION?
	STATION 1: WHAT IS SELF-REGULATION?
	Dur definition of self-regulation: your feelings
-	
d,	Being and STATION 2: WHY IS SELF DEAL
	An example of w Walking an Using Self-regulation on but
	with Sony I can have been school because
- 13	TATITON 2. WHEN DO I NEED SELF-REGULATION:
	STATION 3. WILLING un when:
	We might need to calm down when: We might need to calm down when: Use:
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This resource will help you plan and implement a night of fun for your students and their families as they learn about the important topic of self-regulation. All of the text in this resource is editable to best meet your needs!

## Includes a brief PowerPoint presentation to introduce the concept of self-regulation!



Use this presentation to begin your family night. It includes information on:

- What self-regulation is
- The benefits of self-regulation
- Ways to practice self-regulation
- What parents can do to help their children

## Includes 6 stations for families to travel through together as they learn about self-regulation.



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any work

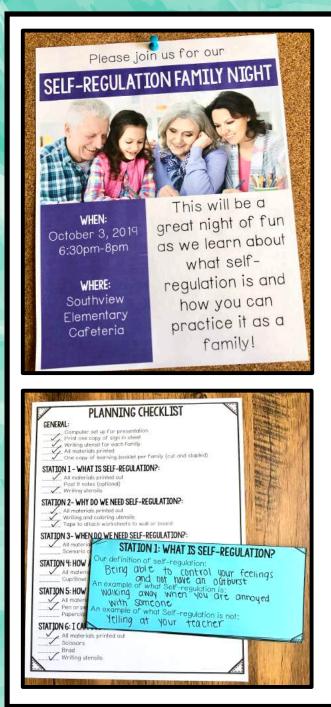
putting my head or

desk and not doin-

Includes the following stations:

- What Is Self-Regulation?
- Why Do We Need Self-Regulation?
- When Do We Need Self-Regulation?
- How Am I Feeling?
- How Can I Use Self-Regulation?
- I Can Use Self-Regulation!

Each station includes a sign with directions, and necessary pages. Please note that some stations require additional materials such as a cup, pens/pencils, a brad, etc.



## Includes other forms and materials to help your night run smoothly!

- A list of parent night tips & tricks
- A flyer
- A sign in sheet
- A sheet for parents to take notes on
- A materials checklist
- A reflection booklet for families to complete as they move through the stations.