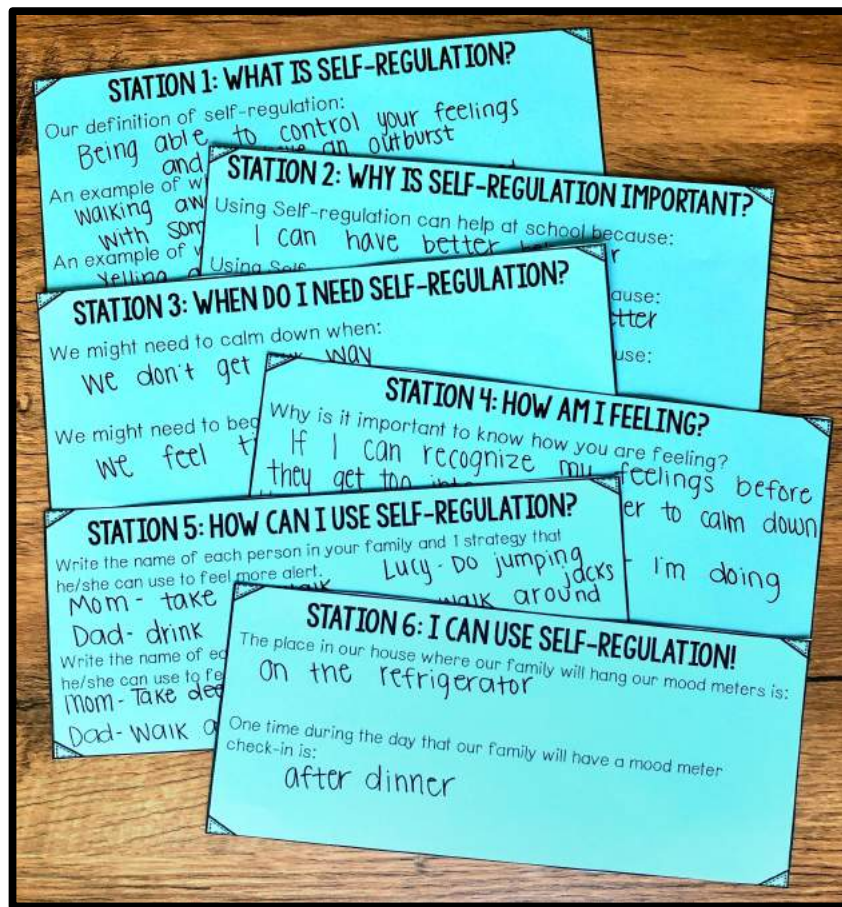


Engage parents and families in social emotional learning with a self-regulation family night!



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:

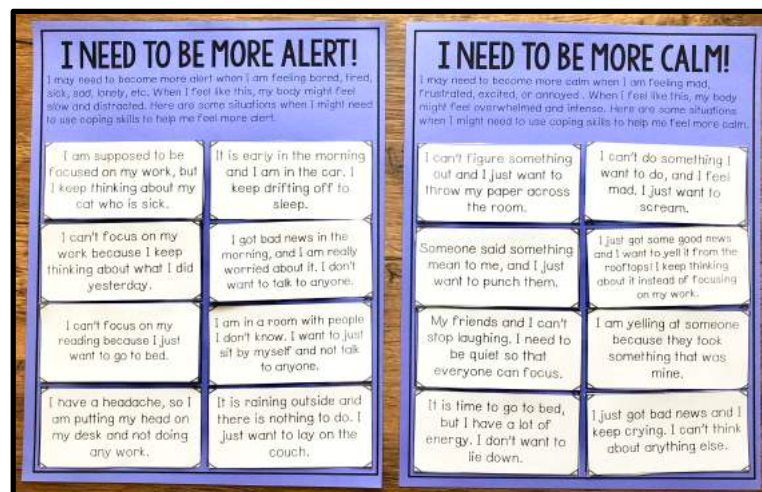
- What self-regulation is
- The benefits of self-regulation
- Ways to practice self-regulation
- What parents can do to help their children

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



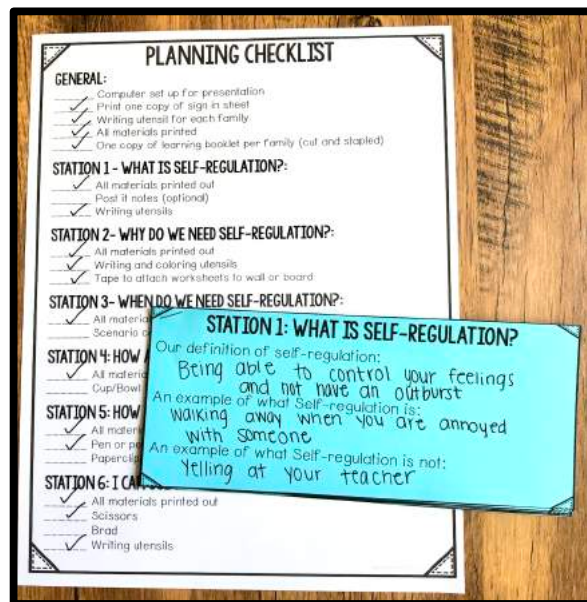
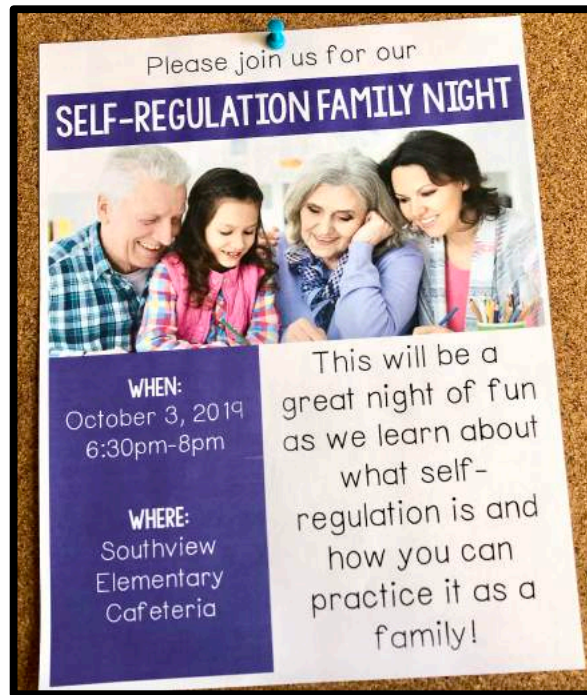
Includes the following stations:

- 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.