

Here are 7 strategies that support self-regulation in children.

- Providing Challenges
- Giving Feedback
- Using Scaffolding
- Creating a Supportive Environment
- Implementing Reflection
- Fostering Peer Interaction
- Encouraging Metacognitive Talk

Instructions for Teachers

Read each step in the lesson.

Discuss: Which principle does each step match?

◆ Step 1: Warm Start

The teacher greets each child by name at the door.

They begin with a familiar song and a quick check-in:

“How are you today?”

Students feel relaxed and ready to learn.

◆ Step 2: Thinking Together

During the lesson, the teacher pauses and asks:

“How did you know that answer?”

“What helped you?”

Students are encouraged to explain their thinking.

◆ Step 3: Guided Practice

The teacher demonstrates the task step-by-step.

Then students try it together as a class before working alone.

◆ Step 4: A Little Bit Tricky

The teacher gives a task that is slightly difficult.

Students need to think, try, and sometimes struggle before succeeding.

◆ Step 5: Learning with Others

Students work in pairs to complete a task. They help each other and share ideas.

◆ Step 6: Looking Back

At the end of the activity, the teacher asks:

“What was easy?”

“What was difficult?”

“How did you feel when you were learning?”

◆ Step 7: Noticing Success

The teacher gives specific comments like:

“I like how you kept trying.”

“You used a good strategy to solve that.”

Answers

◆ Step 1: Warm Start

Match: Creating a Supportive Environment

- Building a safe, welcoming atmosphere
- Helping children feel comfortable and valued

◆ Step 2: Thinking Together

Match: Encouraging Metacognitive Talk

- Students explain their thinking
- Teacher prompts reflection on learning strategies

◆ Step 3: Guided Practice

Match: Using Scaffolding

- Teacher models → shared practice → independence
- Gradual release of responsibility

◆ Step 4: A Little Bit Tricky

Match: Providing Challenges

- Tasks are slightly difficult
- Students need to think, try, and persist

◆ Step 5: Learning with Others

Match: Fostering Peer Interaction

- Pair/group work
- Students support each other

◆ Step 6: Looking Back

Match: Implementing Reflection

- Students think about learning and feelings
- Focus on process, not just answers

◆ Step 7: Noticing Success

Match: Giving Feedback

- Specific praise
- Focus on effort and strategies