

3 Practical Takeaways



3 Easy-to-Implement Interventions to Promote Self-Regulation in Classrooms

From: Savina, E. (2021). Self-regulation in preschool and early elementary classrooms: Why it is important and how to promote it. *Early Childhood Education Journal*, 49(3), 493-501.

1 Implement mindfulness practices

- Mindful meditation is calming
- Mindful movement to promote attention, working memory and inhibition

2 Do movement activities

- Physical activity during recess and 10-15-minute movement breaks in the classroom promote attention, motor inhibition, and staying on task

3 Instruct the child with self-regulation strategies

- Self-reflection and mental representations to guide task performance & behavior
- Verbal self-regulation and delaying a response for inhibition control

Elevate your therapy practice!
www.applyebp.com