

COREGULATION SELF ASSESSMENT

Rate each statement based on your typical responses in interpersonal situations:

SKILLS	Never	Rarely	Sometimes	Often	Always
Emotional Awareness: I am aware of my emotions and can identify them accurately.					
Emotional Expression: I express my emotions clearly and they are understandable to others.					
Listening Skills: I actively listen to others without interrupting or planning my response.					
Responsiveness: I respond to others' emotional cues in a supportive and empathetic manner.					
Conflict Resolution: I remain calm and constructive during conflicts or disagreements.					
Stress Management: I manage stress effectively in order to engage positively with others.					
Boundaries: I maintain healthy boundaries and respect others' limits during interactions.					
Flexibility: I adapt my behavior and approach based on the needs of the situation.					
Co-regulation Techniques: I utilize techniques like deep breathing or pausing to think before I react when tensions rise.					
Support Seeking: When overwhelmed, I effectively seek support or assistance from others.					

Reflection Section:

After completing the assessment, reflect on the following questions:

What are your three strongest coregulation skills according to this assessment?

Which areas show the most potential for growth?

Choose one area to focus on. What are three concrete actions you can take to improve this skill?

COREGULATION STRATEGIES CHECKLIST

This checklist can be used by educators and parents alike to plan and track the implementation of coregulation strategies in their environments. It serves as a practical guide to help adults support the emotional and social development of children.

➤ **Modeling Behavior:**

- ☐ Demonstrate effective emotional regulation in your own behavior.
- ☐ Show patience and understanding in stressful situations.

➤ **Active Listening:**

- ☐ Practice undivided attention when children are speaking.
- ☐ Reflect and validate the feelings and thoughts expressed by children.

➤ **Consistent Routines:**

- ☐ Establish and maintain a consistent daily routine.
- ☐ Prepare children for transitions between activities.

➤ **Clear Communication:**

- ☐ Use clear, age-appropriate language.
- ☐ Ensure that expectations and instructions are understood.

➤ **Emotional Vocabulary:**

- ☐ Teach and encourage the use of a broad emotional vocabulary.
- ☐ Have regular check-ins to discuss emotions and experiences.

➤ **Responsive Interactions:**

- ☐ Respond promptly and sensitively to children's cues and needs.
- ☐ Offer comfort and assistance when children seem overwhelmed.

➤ **Co-Problem Solving:**

- ☐ Engage children in problem-solving when conflicts or challenges arise.
- ☐ Guide them to think of solutions, rather than providing them outright.

➤ **Empathy and Validation:**

- ☐ Show empathy towards children's feelings.
- ☐ Validate their experiences, even if you need to correct their behavior.

➤ **Stress Management Techniques:**

- ☐ Teach and practice stress-reducing activities like deep breathing or mindfulness.
- ☐ Create a 'calm down' area where children can go to regulate their emotions.

➤ **Positive Reinforcement:**

- ☐ Use praise and positive reinforcement to acknowledge self-regulation efforts.
- ☐ Celebrate successes, no matter how small.

➤ **Collaborative Environment:**

- ☐ Foster a sense of community in the classroom or family.
- ☐ Encourage children to support each other's regulation efforts.

➤ **Reflection and Adjustment:**

- ☐ Reflect on the effectiveness of strategies and be willing to make adjustments.
- ☐ Solicit feedback from children when appropriate to understand their perspective.