

Investigating Self-Regulation

| Date | Describe the task/activity | Was the task successful | What sensory behaviours / aspects stopped the task being successful | Did my child need to be calmer or more alert? | What strategy might help? |
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Supporting Self-Regulation – Sensory aspects

| Date | Describe the task/activity | Was my child too calm or too alert | What sensory strategy was tried | What was the outcome? | Was it helpful? | How can it be improved? |
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