

## Identifying and Supporting Building Blocks to Self-Regulation

Key Component	Definition	Example	Supporting Activity
<b>Behavior</b>	<i>Actions of a person, usually in relation or response to their environment</i>		
<b>Sensory Processing</b>	<i>Accurate processing of sensory stimulation in the environment as well as in one's own body</i>		
<b>Emotional Development</b>	<i>Involving the ability to perceive emotion, integrate emotion to facilitate thought, understand emotions, and to regulate emotions</i>		
<b>Attention and Concentration</b>	<i>Sustained effort, doing activities without distraction and being able to hold that effort long enough to get the task done</i>		
<b>Planning and Sequencing</b>	<i>The sequential multi-step task or activity performance to achieve a well-defined result</i>		
<b>Receptive Language</b>	<i>Comprehension of spoken language</i>		
<b>Social Skills</b>	<i>Determined by the ability to engage in reciprocal interaction with others (either verbally or nonverbally) to compromise with others, and be able to recognize and follow social norms</i>		

*Adapted from Kid Sense Child Development Australia*