



# Self-Regulation in Children

## Ages 6-12

# Erikson's Theory

- Middle Childhood (Ages 6 – 12)♪
  - Industry vs. Inferiority♪
    - As the child goes to school, he begins to compare himself with others and develops a sense of industry as he accomplishes new things, or a feeling of inferiority if he considers himself inadequate as compared to others. If successfully resolved, the child learns the virtue of competence.♪





# Importance of Eriksons Theory

“If children can discover pleasure in intellectual stimulation, being productive, seeking success, they will develop a sense of competence.”♪





# Cognitive Self-Regulation

“The degree to which children can be self-reflective, and can plan and think ahead. Children with these strengths are in control of their thoughts. They monitor their behavior, evaluate their abilities, and are able to adjust their behavior.”♪





## **In The Classroom...Ages 6-8**

Encourage the use of private speech. This allows the child to think about a situation privately and to themselves. Have the child consider outcomes that can happen with certain choices. Encourage the child to think before speaking and acting.





# Benefits

- Allow child to self reflect on feelings in the moment.♪
- Teaches child to take control of their emotions without guidance of adult.♪
- Helps child understand consequences of their actions.♪





# In the Classroom..Ages 8-12

Encourage students to utilize journal writings. Have the students write the feelings they have been experiencing and the whys. Allow the student to then illustrate what made their day positive to reinforce positivity following self reflection. The next day of class the student reads their past day reflection and is able to self assess their behaviors and thoughts.♪





# Benefits

- By creating journal entries, the students can reflect on their feelings at the time. They can also self reflect on their current thoughts on the situation and reflect on whether their behavior in the moment was unnecessary or handled with well.♪
- This teaches the student to self reflect on their thoughts and actions. And encourages students to self teach self regulation.♪



# Parents

- Parents can carry over this lesson by creating an at home diary/journal. ♪
- Whenever a child becomes upset and begins to lose self control, the parent can then ask the child to do a journal entry. ♪





# Ways to teach self-regulation

1. Tell the child exactly what behavior you expect him/her to exhibit♪
2. Discuss the child's feelings in an understanding way♪
3. Allow the child to help make the decision about when he is ready to participate again.♪





# Risks

- Poor relationships♪
- Poor academic skills♪
- Poor lifestyle choices♪
- Little to no self-control♪
- Lack of peer relationships♪
- Poor social skills♪



# References

- <http://www.alleydog.com/glossary/definition.php?term=Erik+Erikson>
- [http://www.pccua.edu/keough/erikson%27s\\_stages\\_of\\_development.htm](http://www.pccua.edu/keough/erikson%27s_stages_of_development.htm)
- <https://self-regulationintheclassroom.wikispaces.com/Games+and+Exercises>

