Self-regulation is important for school success.

It will help me succeed in school if I can:
- focus my attention,
- share ideas and feelings,
- manage my emotions and behavior,
- solve problems,
- remember and follow rules.

Talk

- Talk with me. Ask me how I think and feel about things; this helps me build the skills to connect ideas, and to express myself.

Read

- Read with me. Ask me what I think and feel about the stories; this helps me learn to remember, share ideas and express myself.

Play

- Play Simon Says, board games and build puzzles with me; this helps me learn to follow rules, plan ahead, and solve problems.

Self-regulation is a set of teachable skills for managing emotions, thoughts and behaviors.

For more information in your neighborhood, contact:

www.talkreadplay.org

This poster was developed in collaboration with:

Thomas M. Menino, Mayor of Boston