

## Activity: Department of Public Instruction's Emotional Regulation Plan

On the DPI website there are [three emotional regulation plans](#) for different age groups of students. These plans are to be completed with students about their emotional regulation strategies. These are helpful tools to share with your staff to use with each student in the school. All adults can benefit from completing such plans for themselves and sharing them with those they would like to offer them support when they are moving towards dysregulation. Suggest that staff practice using the emotional regulation plans by completing their own!

