

Self-Reg Rubric

The Self-Reg Rubric is intended for use with students or those who are new to Self-Reg. The rubric can be used to identify an individual's progression along their Self-Reg journey.



	I Am Learning About...	With Help, I Can...	On My Own I...	In My Everyday Life I...
Step 1: <i>Reframe the Behaviour</i>	I am learning about my brain, what stress is, and how stress impacts my behaviours, mood and energy levels.	With help, I can spot some signs of too much stress in myself and others.	On my own I read and reframe stress-behaviour in myself when I look back on a situation.	I read and reframe stress-behaviour in myself and others. When I read stress in myself or others, I reframe what's going on as stress behaviour not misbehaviour.
Step 2: <i>Recognize the Stressors</i>	I am learning about different kinds of stressors in 5 different domains: Biological, Emotion, Cognitive, Social and Prosocial.	With help, I can spot some of my significant stressors that are affecting my own and other's behaviour, mood and energy levels.	On my own I recognize the stressors that impact my behaviour, mood and energy levels, especially when I am experiencing several of these stressors all at the same time.	I am a stress detective. I ask "why" and "why now" to figure out what my personal stressors are that I can reduce or remove to lower my stress. I read the signs of stress behaviour in others and reflect on "why" and "why now".
Step 3: <i>Reduce the Stress</i>	I am learning about ways that stressors can be reduced.	With help, I can figure out ways to reduce or remove some of the stressors that are affecting my own or other's behaviour, mood and energy levels.	On my own I have reduced or removed some of the stressors that are affecting my behaviour, mood and energy levels.	I take action to lower my stress by reducing and/or removing those personal stressors I figured out are affecting my behaviour, mood and energy levels.
Step 4: <i>Reflect: Enhance Stress-Awareness</i>	I am learning about the difference between just being quiet and feeling calm.	With help, I am starting to notice when I am calm, what "calm" feels like in my body and to recognize calm in others.	On my own I notice the feeling of being calm, focused and alert when it happens and I notice when I don't feel that way too.	I am stress aware; I have awareness of my brain-body energy states and stress response systems, I know what calm feels like, and am aware when I am experiencing dysregulation internally.
Step 5: <i>Respond: Develop Personal Strategies to Promote Restoration and Resilience</i>	I am learning about ways that people deal with stressors and about ways that people fill their energy tanks back up when they're empty.	With help, I can figure out some coping strategies that others use and my own personal ways to "fill up" my tank when it's low.	On my own I use my own strategies to deal with stress. I know what works for me and what doesn't. I also know and use my personal ways to recharge my own energy tank when it's low.	I have personal "strategies" that I use to help me cope with and adapt to stressors. I take time to restore not just as part of a daily routine, but also when I notice the signs of my energy dipping low.