

Self-Reg 5 Domains Conversation Starters for Students

Sometimes we don't know where to start when it comes to being a stress detective across the 5 Domains of Shanker Self-Reg®. Below are some conversation starters to begin looking deeper into the 5 Domains.

The Cognitive Domain	
<p>Is the child able to pay attention to both people and objects and what helps the child to do so?</p> <p>Notes:</p> <p>Strengths in this area: Challenges in this area:</p>	
<p>Does the child initiate ideas and activities? When/what kinds of supports are needed to do so?</p> <p>Notes:</p> <p>Strengths in this area: Challenges in this area:</p>	
<p>Is the child able to plan and execute several steps? If not, what kind of assistance do they require?</p> <p>Notes:</p> <p>Strengths in this area: Challenges in this area:</p>	

Does the child understand cause and effect and think logically?

Notes:

Strengths in this area:

Challenges in this area:

Does the student set goals and monitor them?

Notes:

Strengths in this area:

Challenges in this area:

Does the student have self-awareness of strengths and weaknesses?

Notes:

Strengths in this area:

Challenges in this area:

The Social Domain

Does the child appear to understand their own intentions and feelings? When do you notice this?

Notes:

Strengths in this area:

Challenges in this area:

Does the child appear to understand and respond to the intentions and feelings of others, both verbally and non-verbally? When do you see this demonstrated?

Notes:

Strengths in this area:

Challenges in this area:

**Does the child demonstrate the ability to be both a listener and a speaker?
If so, when and with whom?**

Notes:

Strengths in this area:

Challenges in this area:

Is the child able to repair broken communication? With fellow students, staff or both?

Notes:

Strengths in this area:

Challenges in this area:

The Emotion Domain

Is the child demonstrating a range of emotions? Describe what you have seen.

Notes:

Strengths in this area:

Challenges in this area:

Is the child able to modulate strong emotions? Describe this developing capacity.

Notes:

Strengths in this area:

Challenges in this area:

**Does the child respond to the feelings and intentions of others?
Describe when you have seen this ability present.**

Notes:

Strengths in this area:

Challenges in this area:

**Is the child interested and willing to learn by themselves and with others?
Describe what you have seen.**

Notes:

Strengths in this area:

Challenges in this area:

**Does the child demonstrate natural curiosity, and a desire for creativity and innovation?
When do you see this?**

Notes:

Strengths in this area:

Challenges in this area:

The Prosocial Domain

Does the child ever help others to become calm and alert? When do you see this? Describe.

Notes:

Strengths in this area:

Challenges in this area:

Does the child seem concerned about the feelings of others? If so, when are these expressed?

Notes:

Strengths in this area:

Challenges in this area:

Does the child ever put the needs and interests of others ahead of their own? If so, when do you see this? Describe.

Notes:

Strengths in this area:

Challenges in this area:

Does the child ever demonstrate a desire to do the “right thing”? If so, when? Describe.

Notes:

Strengths in this area:

Challenges in this area:

The Biological Domain

Does the child appear to be healthy and well rested? Describe indications of health or ill-health.

Notes:

Strengths in this area:

Challenges in this area:

Does the child have sufficient energy to enjoy his day at school? Can the child recoup energy after difficult situations? Describe.

Notes:

Strengths in this area:

Challenges in this area:

Is the child able to become calm and alert enough to engage in activities throughout the school day? Describe any visual, auditory, and touch sensitivities that deplete the student's energy.

Notes:

Strengths in this area:

Challenges in this area:

Does the child have the ability to use his body in a coordinated way to allow him to participate in and enjoy activities at school?

Notes:

Strengths in this area:

Challenges in this area: