

Provide co-regulation as students learn

Self-regulation is the ability to moderate or control emotions and actions in order to function effectively and get along with others. Support ākonga to develop interoception and provide co-regulation as students learn.

Interoception

Interoception is thought to be a prerequisite for self-regulation. Interoception is recognition and understanding of the internal physical states of the body, for example, being aware of the physical signs that you are thirsty, cold or becoming angry or upset. It is a first step in managing emotions.

Co-regulation

Co-regulation is the ability to regulate emotions and manage stressful situations with the support and direction of others. Support may come from a range of people.

Self-regulation

Self-regulation is the ability to moderate or control emotions and actions independently. In the classroom, self-regulation supports students to engage in learning activities, participate in social interactions and get along with others.

[Get Ready to Learn](#) – Student Wellbeing Hub

This Australian booklet has 39 activities to develop interoception. Use your knowledge of, or access to, te ao Māori to adapt or expand the activities to Aotearoa contexts.

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