

Understand interoception, co-regulation and self-regulation

Self-regulation is the ability to moderate or control emotions and actions in order to function effectively and get along with others.

Damage to the brain during pregnancy can affect self-regulation abilities. Support ākongā by developing interoception and providing co-regulation as students learn.

Interoception

Interoception is thought to be a prerequisite for self-regulation. Interoception is recognising and understanding 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 such as teachers, whānau, peers or specialists.

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.

