



REFLECTION GUIDE

After listening to **Emotional Regulation at School and at Home**, consider the following questions on your own or with a professional learning community.

As a result of learning more about emotional regulation, what was one element you found most surprising or impactful as it relates to those you most frequently interact with? Think of a student who would benefit from emotional regulation and one thing Dr. Kahn suggested that might help support that child.

1

Thinking about relationships in your life impacted by emotional regulation or dysregulation, what is one new strategy you will apply to improve this relationship?

2

How will improving your own emotional regulation help others around you?

3

As you reflect on what Dr. Kahn shared in this podcast, what might you want to learn more about in order to improve your interactions with others and strengthen yourself?

4

As a result of learning with Dr. Kahn, how has your vision for a healthy and thriving school/community been impacted? What are the immediate next steps you will take to put your vision into action?

5