Module:

**Co-regulation**

Reflective log questions:

* What activities or things adults do might cause a child to feel dysregulated?
* What 3x activities would support and help to ‘regulate’ a child who is very hyper- or over-aroused (‘fizzy’)?
* What 3x activities would support and help to regulate a child who is very hypo-aroused (‘flat’)?

Reflective log:

Module:

**Co-regulation**

Reflective log (continued):