



SCOPE-IT Strategy

Materials:

- Worksheet

Brainstorm

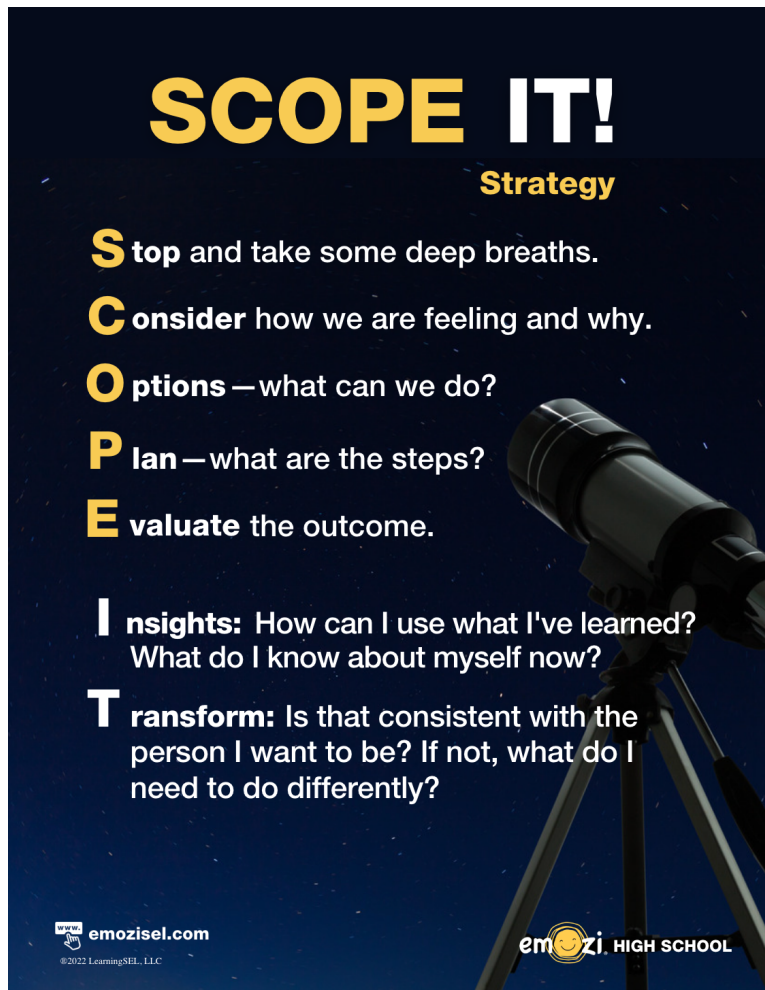
Ask students: Can you think of a time you said or did something that you later came to regret? Ask students to write their responses down, but do not have students share their responses at this time.

Discuss

We've all done something or said something that we have come to regret later. Perhaps you said something mean to a family member or friend, or acted impulsively and did something that was wrong. Why do you think we sometimes do these things? Encourage students to engage in a discussion. You may need to start it by offering your own personal experience with saying or doing something you regretted.

Dive in!

Detail: Sometimes we can say or do things that we wish we hadn't done. Today we are going to talk about a strategy we can use when we are in those situations. This strategy will help us step back and think about what's happening and what we should do next. Using a strategy to calm yourself down enough to be able to think things through is called **self-regulation**, and it's an important skill to learn; it's one that you'll use throughout your life! There are 4 tiers for self-regulation. They are: Self-monitoring, self-instruction, goal setting, and self-reinforcement. The SCOPE-IT Strategy, which you will also learn today, will help you with all 4 tiers! Let's look at this in more detail on your worksheet.



Activity

Distribute the worksheet to students. Review each of the 4 tiers of self-regulation with students. After reviewing each tier, ask students to provide input for ways they could use the strategy. Then, review the SCOPE-IT Strategy.

- Stop and take some deep breaths.
- Consider how you are feeling and why.
- Options - what can you do?
- Plan - what are the steps?
- Evaluate the outcome.
- Insights: How can I use what I've learned? What do I know about myself now?



High School

- Transform: Is that consistent with who I want to be? If not, what do I need to do differently?

Reflect

Have students respond to the prompt on the worksheet: Think about the situation you wrote down during the Brainstorm activity. How could you have handled it differently?

Professional Development

What are your favorite ways to self-regulate? Do you model self-regulation in your classroom?

For Further Study:

- Edutopia, Emotional Regulation Techniques for Tween and Teens:
<https://www.edutopia.org/article/emotional-regulation-activities-tweens-and-teens>
- IRIS Center, 4 Types of Self-Regulation Strategies:
<https://iris.peabody.vanderbilt.edu/module/ss2/cresource/q1/p08/>
- Positive Psychology, What is Self-Regulation?:
<https://positivepsychology.com/self-regulation/>