## Self-Regulation Data Collection Form

| Self-Regulation Skill                  | Regulatory Rating                           | Not yet | Comments                  |
|--|---|---------|---------------------------|
|  |   |         | (consider 7 progressions) |
| Making plans before taking action      | Externally Controlled Internally Controlled |         |                           |
| Solving problems                       | Externally Controlled Internally Controlled |         |                           |
| Taking the perspective of others       | Externally Controlled Internally Controlled |         |                           |
| Getting, keeping, & shifting attention | Externally Controlled Internally Controlled |         |                           |
| Delaying gratification                 | Externally Controlled Internally Controlled |         |                           |
| Ignoring distractions                  | Externally Controlled Internally Controlled |         |                           |
| Adapting to change                     | Externally Controlled Internally Controlled |         |                           |
| Moving and acting deliberately         | Externally Controlled Internally Controlled |         |                           |
| Considering alternatives               | Externally Controlled Internally Controlled |         |                           |
| Recalling information                  | Externally Controlled Internally Controlled |         |                           |
| Following directions                   | Externally Controlled Internally Controlled |         |                           |
|  | Externally Controlled Internally Controlled |         |                           |
|  | Externally Controlled Internally Controlled |         |                           |
|  | Externally Controlled Internally Controlled |         |                           |

| Child is most likely to demonstrate self-regulation skills when | Child is least likely to demonstrate self-regulation skills when |  |
|---|--|--|
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