

# Supporting Self-Regulation Through 'Regulation Stations'

## City Road Primary School

### What is this showcase about?

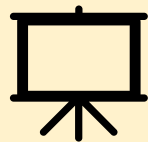
A whole-school approach to supporting self-regulation through consistent 'Regulation Stations' in every classroom.

This example shows how a simple, shared structure helps children to recognise their emotions, choose strategies, and return to learning independently.

### Expect to see...

- How 'Regulation Stations' are set up and used consistently across classrooms
- An implementation overview to support schools to introduce this approach
- An example lesson to teach how and when to use the stations

#### Download



**Regulation Station Lesson Plan**

#### Website Link



**Implementation Info Sheet**