

# IEP GOALS

## FOR SELF-REGULATION

**Using Strategies:** When faced with a challenging assignment, a student recognizes feelings of frustration and employs deep breathing strategies learned in social-emotional learning sessions. The student takes a few deep breaths to calm down and refocus, allowing for better emotional regulation and the ability to approach the task with a clearer mindset.

**Inhibition:**  
student patiently waits for their turn to speak without interrupting others.

**Planning:**  
student is assigned a research project. They create a detailed plan that includes selecting a topic, gathering resources, outlining key points, and establishing a timeline for completing different stages of the project.

**Cognitive Flexibility:**  
During a group activity, a student is asked to switch from working on a math problem to contributing ideas for a collaborative writing project. The student demonstrates cognitive flexibility by smoothly transitioning between these different tasks.

# Emotion Regulation Iep Goal

**Alison Schonwald**



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