

General Features of Self-Regulation

Biological domain	Emotional domain	Cognitive domain	Social Domain	Prosocial domain
<ul style="list-style-type: none"> • Physical health, which includes a robust immune system • Sufficient energy on waking up and maintained through the day • Ability to recoup after difficult experiences • Ability to remain calm amid distracting visual auditory stimuli • Ability to follow healthy daily routines • Engagement in – and enjoyment of – physical activities, enabled by well-functioning motor systems 	<ul style="list-style-type: none"> • Ability to modulate strong emotions • Emotional resiliency – ability to recover from disappointment, challenging situations and move forward confidently and positively • Willingness and interest to experiment and to learn, on own and with others • A desire to create and innovate, and while doing so to use a wide range of strategies and techniques • A healthy self-esteem based on awareness of personal efforts and achievements – as well as those of others 	<ul style="list-style-type: none"> • Abilities to focus, and switch focus, as required • Consider perspectives other than one’s own • Plan and execute several steps in a row, including trying different course of action when an initial plan has failed to work • Understand cause and effect • Think logically • Set learning goals • Monitor and assess performance • See failure as opportunity to learn • Manage time effectively • Develop self-awareness of strengths and weaknesses • Use learning aids where appropriate 	<ul style="list-style-type: none"> • Ability to Understand their feelings and intentions • Understand the feelings of others • Respond to the feelings and intentions of others appropriately, both verbally and nonverbally • Monitor the effects of their responses on others • Be an effective communicator – as listener and speaker • Demonstrate a good sense of humour that does not rely on ridicule • Recover from and repair breakdowns in interactions with others 	<ul style="list-style-type: none"> • Ability to help regulate others and to co-regulate with others • A sense of honesty, both with themselves and with others • Empathy, or the capacity to care about others’ feelings and to help them deal with their emotions • Ability to put the needs and interests of others ahead of their own • Desire to “do the right thing” and the conviction to act on convictions
<i>Table 1: The Five Domain Model of Self-Regulation (adapted from Shanker, 2013)</i>				