



Self-Controller Scanner

Keeping control of our thoughts and feelings is very important. To stay in control, we use our Self-Controller Scanner. To improve self-regulation skills, remind learners to use their Self-Controller Scanner at needed moments.

STEP 1 Scan your brain and body

Brain Scan
Am I paying attention?

Body Scan
How am I feeling?

STEP 2 Pick a strategy to get back in control



Do I need a break?



Am I hungry or thirsty?



What physical actions will help me calm down?

STEP 3 Take the steps you need to get back in control

