



HEART

Helping Early years practitioners Apply
Research into Teaching and Learning

SELF-REGULATION AND EXECUTIVE FUNCTION

3-2-1



[Blog and
downloadable
summary](#)



Explore the theme

1. What are self-regulation and executive function?
2. How do children develop self-regulation and executive function?
3. How can we support children's self-regulation and executive function?



Watch an approach in action video

1. Teaching self monitoring and self awareness - Linking feelings and events
2. Promoting talk about learning -But that wouldn't be fair



Download a booklet

1. Supporting Children's Self-Regulation, by the Early Intervention Foundation and PEDAL. It provides suggestions for educators to support self-regulation in early years.

Read more

<https://educationendowmentfoundation.org.uk/early-years-evidence-store/self-regulation-and-executive-function>



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