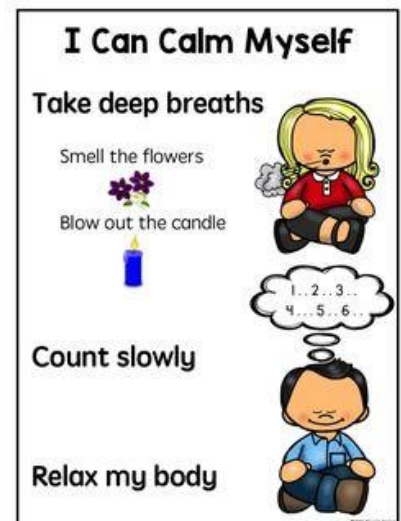


# Self-Regulation and Managing Challenging Behaviour

Click on the blue links below to access the resources.



## National Autistic Society

<https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx>

## The Challenging Behaviour Foundation

<https://www.challengingbehaviour.org.uk/understanding-behaviour/understanding-behaviour.html>

## Cerebra

<https://cerebra.org.uk/download/factsheet-managing-challenging-behaviour/>

## Sound Discipline – Making Connections That Matter

<https://www.sounddiscipline.org/downloads/self-regulation-toolkit-cards-pdf-download/>

## And Next Comes L

<https://www.andnextcomesl.com/p/emotions-self-regulation-resources.html>