

Luria's Developmental Model of Self-regulation/Self-Control

STAGE ONE

The speech of others regulates the child's behavior.

STAGE TWO

Overt speech to oneself acts as self-command, reinforcer, or aids to mark the rhythm of an action.

STAGE THREE

Covert inner speech regulates behavior, assists in understanding the nature and demands of an assignment, produces effective strategies, monitors use and effectiveness of the strategies.

Training Children to Self-Regulate

COGNITIVE MODELING

An adult models/performs a task while talking to himself out loud.

OVERT, EXTERNAL GUIDANCE

The child performs the same task under the direction of the model's instruction.

OVERT, SELF-GUIDANCE

The child performs task while instructing him/herself out loud.

FADED, OVERT SELF-GUIDANCE

The child whispers the instructions to self as task is performed.

COVERT SELF-INSTRUCTION

Child performs task while guiding his performance via inaudible or private speech or nonverbal self-direction.