Resources for Teaching and Supporting Self-Regulation

* [AFIRM: Autism Focused Intervention Resources and Modules. (2015) Social Narratives.](http://afirm.fpg.unc.edu/node/589)
* [Bailey, B. (2015) Conscious Discipline](http://consciousdiscipline.com/store/pc/The-NEW-Conscious-Discipline-Book-Expanded-Updated-4p285.htm)
  + [The Feeling Buddies](http://consciousdiscipline.com/store/pc/Feeling-Buddies-Self-Regulation-Toolkit-English-Spanish-22p215.htm)
* [Buron, K. (2012) The Incredible 5 Point Scale.](http://www.amazon.com/Incredible-Point-Scale-Significantly-Understanding/dp/1937473074/ref=sr_1_1?ie=UTF8&qid=1448303971&sr=8-1&keywords=5+point+scale)
* [National Professional Development Center on Autism Spectrum Disorders. (2010) Self Management](http://autismpdc.fpg.unc.edu/sites/autismpdc.fpg.unc.edu/files/imce/documents/Self-management-Complete-10-2010.pdf)