

Section 2 Lessons From the Playroom Podcast Reflection Paper Instructions

Listen to the 20-minute LFPR Episode 118 podcast called [“How Trying to be Calm Gets in the Way of Regulation”](#) and write a one-page reflection paper, considering the following:

- What are your reactions and thoughts to what you hear?
- The idea that regulation doesn't mean calm, and that being an external regulator means moving towards dysregulation, can challenge previous beliefs and bring up discomfort. If that is the case for you, please share your thinking and how are you working with this dissonance. If that is not the case for you, please share how this fits with, or expands, your thinking.

Due 11/18/24

Please note, homework for section two also includes making a post on the course forum, due 11/25/24.

You will find the course forum in the upper right-hand corner of the course page, or [Click here](#). You must be logged into your account to access the forum.