



EMOTIONAL REGULATION

Managing Emotions in Healthy Ways



Emotional regulation is the ability to understand, manage, and respond to our emotions in healthy and helpful ways.

A. WHAT IS EMOTIONAL REGULATION?

Read each statement below. Circle the ones that show good emotional regulation.

- I can name what I'm feeling.
- I take deep breaths when I feel upset.
- I react without thinking.
- I use healthy ways to calm down.
- I can ask for help when I need it.
- I ignore my feelings.
- I think about what I can control.
- I express my feelings in respectful ways.



B. NAME IT TO TAME IT

Write the emotion you might feel in each situation. Then, write one healthy way you could respond.

SITUATION	WHAT I MIGHT BE FEELING	HEALTHY WAY I COULD RESPOND
1. You get a bad grade on a test.	_____	_____
2. A friend cancels plans with you.	_____	_____
3. You feel overwhelmed with homework.	_____	_____
4. Someone says something unkind to you.	_____	_____
5. You lose a game.	_____	_____

C. TOOLS FOR EMOTIONAL REGULATION

Below are some strategies that can help you manage big feelings. Choose 3 strategies you can use. Write or draw how you can use each one.

Deep breathing	Physical activity	Positive self-talk	Journaling	Listen to music	Talk to someone	Be creative	Mindfulness
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1. Strategy I will use:

How I will use it:

2. Strategy I will use:

How I will use it:

3. Strategy I will use:

How I will use it:

D. CALM DOWN PLAN

Create your personal calm down plan. What can you do when your emotions feel too big?

<p>1. WARNING SIGNS What are some signs that you are starting to feel overwhelmed or upset?</p> <p>_____ _____</p>	<p>2. WHAT I CAN DO What can you do right away to help calm yourself down?</p> <p>_____ _____</p>	<p>3. WHO CAN HELP Who are 1-3 people you can talk to or ask for help?</p> <p>_____ _____</p>	<p>4. AFTER I CALM DOWN What can you do after you feel calm to take care of yourself?</p> <p>_____ _____</p>
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REFLECTION

What is one thing I learned about myself today?

What emotion is the hardest for me to manage? Why?

What is one strategy I will practice this week?

It's okay to feel.
It's not okay to stay stuck.