

SELF- REGULATION JOURNAL



WHAT CAN I DO?

CIRCLE THE STRATEGIES YOU WOULD LIKE TO TRY.

Get fresh air
Take a break
Go for a walk or jog
Stretch
Listen to upbeat music

WHEN I FEEL BLUE
THIS MAY HELP...



WHEN I FEEL GREEN
THIS MAY HELP...

Focus on my strengths
Do a puzzle
Solve a brain teaser
Read a book



Ask for a break
Take deep breaths
Go for a walk
Use a fidget toy

WHEN I FEEL YELLOW
THIS MAY HELP...



WHEN I FEEL RED
THIS MAY HELP...

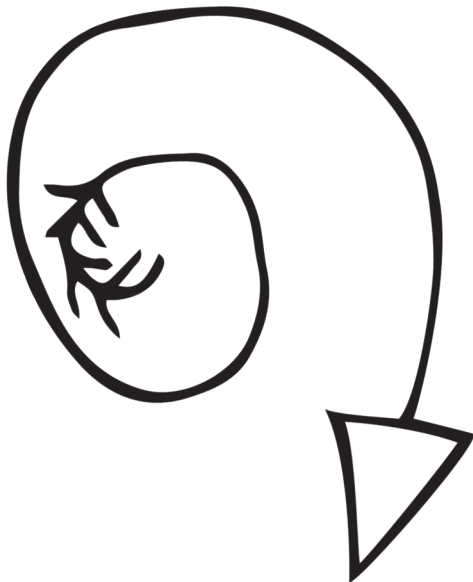
Take deep breaths
Talk to an adult
Go to a calm down corner
Listen to relaxing music
Go on a walk or run



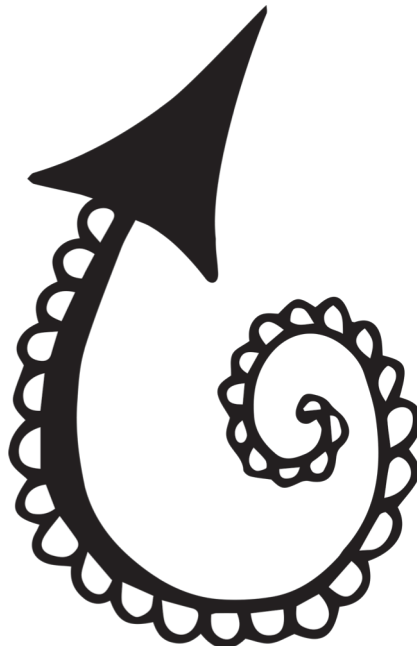
STRATEGIES I CAN USE AT HOME:



STRATEGIES I CAN USE AT SCHOOL:



STRATEGIES I CAN USE IN THE COMMUNITY:



MY SELF-REGULATION SUPPORT SYSTEM

INSTRUCTIONS: WRITE THE NAMES OF PEOPLE YOU CAN GO TO WHEN YOU ARE FEELING YELLOW OR RED AND NEED HELP IDENTIFYING STRATEGIES TO USE.



POSITIVE SELF-TALK

WHEN YOU'RE FEELING STRONG EMOTIONS, TRY SAYING SOME OF THESE STATEMENTS TO YOURSELF. BONUS: WRITE A FEW OF YOUR OWN!

I am a good person.

I am loved.

I am in control of my actions.

I am smart.

I am strong.

I can choose how my day goes.





HOW DO YOU THINK SHE IS FEELING?

WHAT COLOR MATCHES THIS FEELING?

WRITE ABOUT A TIME YOU FELT THIS WAY.

WHAT DID YOU DO?

WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

If you love this activity,
check out the entire
resource here.



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THANK YOU!

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