

SELF-REGULATION

Managing your feelings and thinking about what you are going to do before you do it.



I CAN CONTROL MY OWN MOOD.



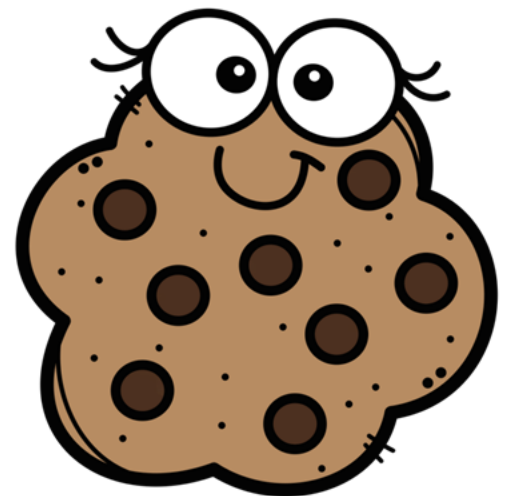
I CAN CALM MYSELF DOWN.



I THINK BEFORE I ACT.



I CAN RECOGNIZE
HOW MY BODY FEELS
WHEN I AM UPSET.



SELF-REGULATION

MEANS: Managing your feelings and thinking about what you are going to do before you do it.

WAYS TO IMPROVE:

Describe how you are feeling using your words.

Anticipate the demands of the task.

Recognize warning signs when you are frustrated, irritated, or overly excited.

Use coping skills to calm down.

Check your work for careless mistakes.

EXAMPLES:

I am really frustrated that it did not go my way.

Making more time to study is going to take time away from playing with my friends.

I clench my fists when I am irritated.

Take a break, slow your breathing, count to 10, talk to someone.

After you finish an assignment, check for mistakes and that you read every possible answer.

SELF-REGULATION



ONE WAY I AM GOING TO IMPROVE MY SELF-REGULATION IS:

How will this help me?

What do I need?

Who can help me?



ANOTHER WAY I AM GOING TO IMPROVE MY SELF-REGULATION IS:

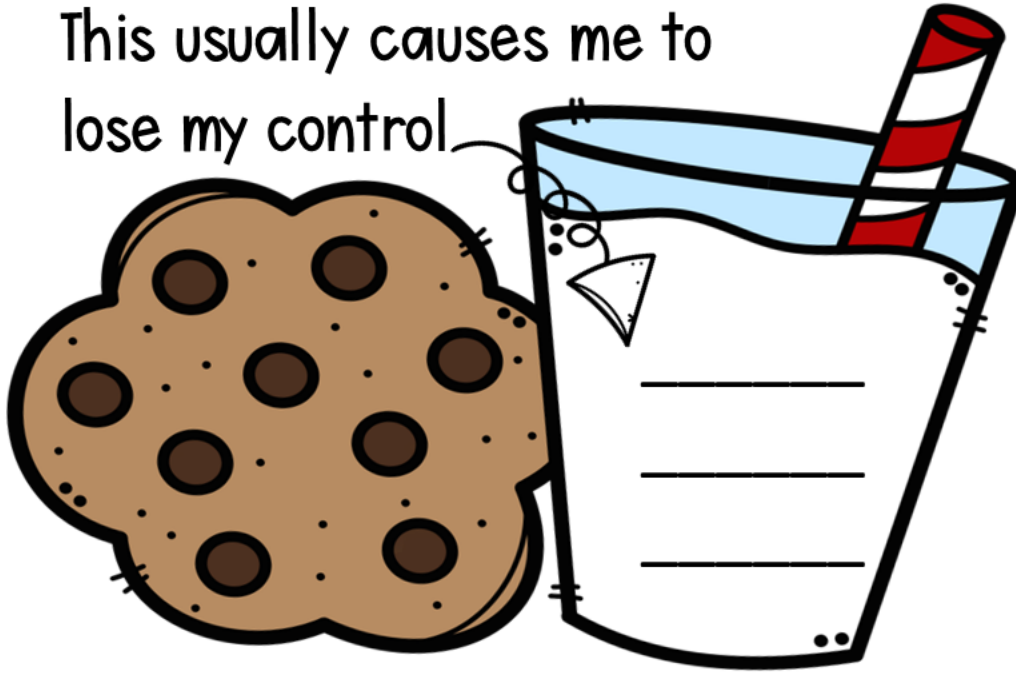
How will this help me?

What do I need?

Who can help me?

Cookie Control

This usually causes me to
lose my control.



This is what will help me calm down:

Put a check on the calming strategies you would use.

I can slow my breathing and count to ten.

I can listen to calming music.

I can talk to a trusted adult.

I can go for a walk or exercise.

I can squeeze a stress ball or stuffed animal.

I can write about it in my journal.

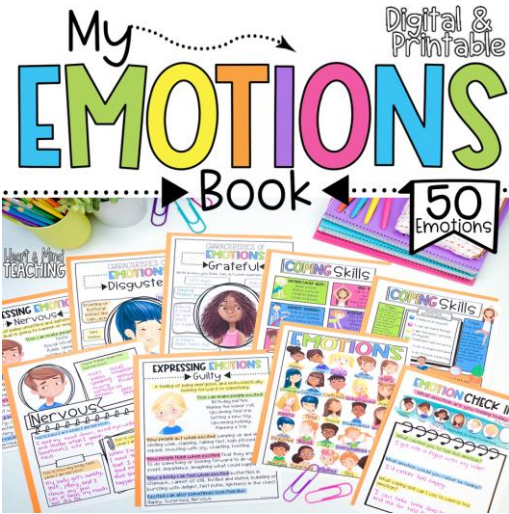
I can take a break and refocus my thoughts on what is important.

(Think of your own) I can:

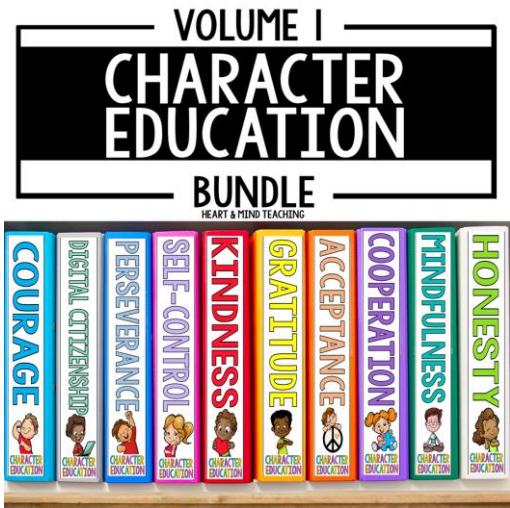
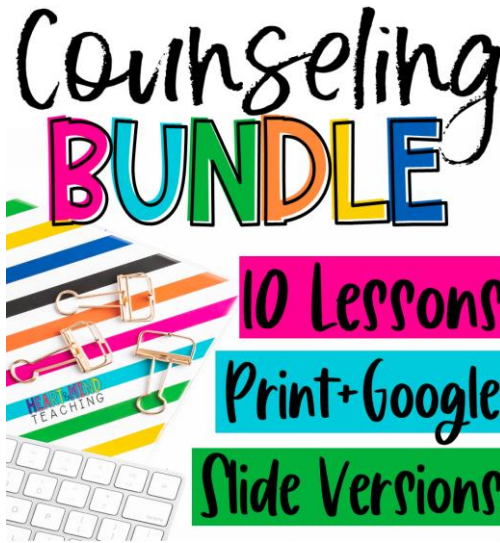
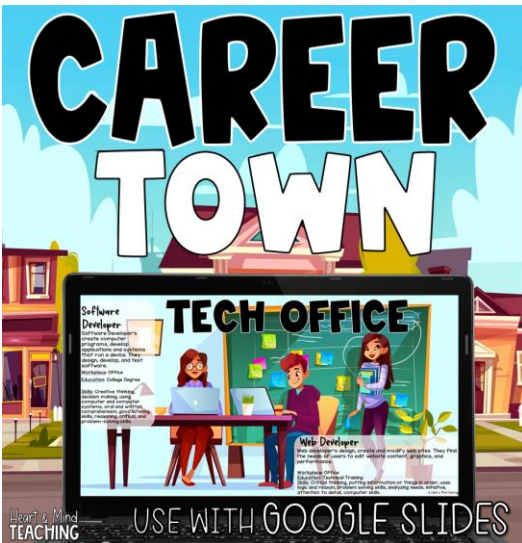
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Hi, I'm Ashley

SCHOOL COUNSELOR

Blogger & Creator

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. Thank you for supporting my little shop.

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