

Session 2: Self-Regulation Activity-Complete the following for YOU



	How do I feel?	How Do I Act?	What Can I Do About It?
4	Mad, frustrated, out of control, aggressive, raging		
3	Confused, embarrassed, annoyed, anxious, worried		
2	Confident, happy, proud, peaceful, hopeful, content		
1	Bored, lonely, sad, disappointed, tired, sick		



Session 2: Self-Regulation Activity-Example



How do I feel? Mad, frustrated, out of How Do I Act? What Can I Do About It? control, aggressive, raging Exercise, count to 10, read a book, Shouting, arguing, stomping, shutting listen to music, take a nap down, withdrawing Confused, embarrassed, Ask for help, take a break, positive Anxious, pacing, annoyed, anxious, worried withdrawing, clingy, self-talk, think about your happy breathing fast, place sweating, tired, not focused, negative self-talk Smiling, engaged, Smile, practice appreciation, work Confident, happy, proud, paying attention, on your goals, help someone else, peaceful, hopeful, content laughing listen, write or journal about what you are good at or what you have been successful doing Crying, not engaged, Talk to your family or friends, do sleeping, something you enjoy, positive self-Bored, lonely, sad, talk, stretch or exercise, take a walk withdrawn, disappointed, tired, sick frowning, no energy

Updated: 9.22.2023 Activity

Self-Determination: Zones of Regulation



Session 2: Self-Regulation Activity-Example



How do I feel? How Do I Act? What Can I Do About It? Mad, frustrated, out of control, aggressive, raging Confused, embarrassed, annoyed, anxious, worried Confident, happy, proud, peaceful, hopeful, content Bored, lonely, sad, disappointed, tired, sick

Updated: 9.22.2023 Activity Self-Determination: Zones of Regulation