

How do I feel?

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

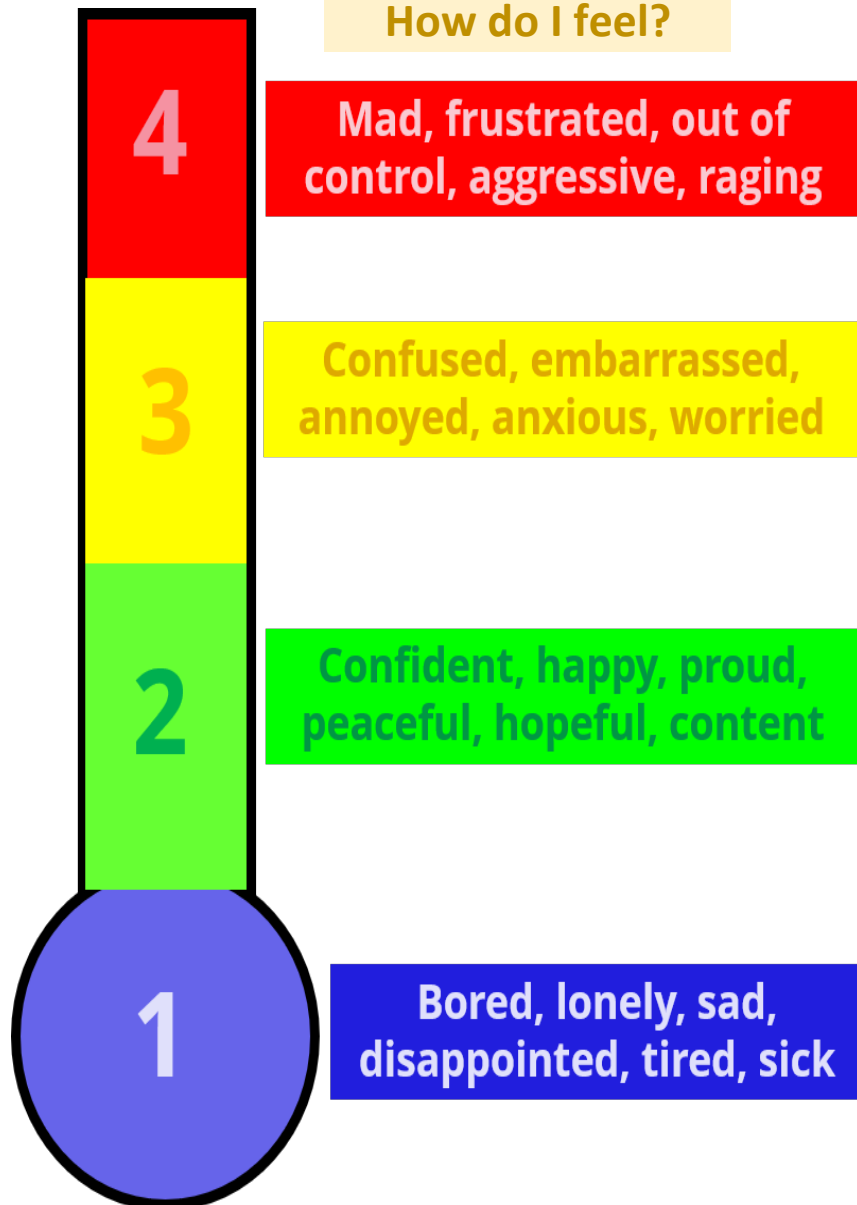
How Do I Act?

What Can I Do About It?

Session 2: Self-Regulation Activity-Example



How do I feel?



| How Do I Act? | What Can I Do About It? |
|--|---|
| Shouting, arguing, stomping, shutting down, withdrawing | Exercise, count to 10, read a book, listen to music, take a nap |
| Anxious, pacing, withdrawing, clingy, breathing fast, sweating, tired, not focused, negative self-talk | Ask for help, take a break, positive self-talk, think about your happy place |
| Smiling, engaged, paying attention, laughing | Smile, practice appreciation, work on your goals, help someone else, listen, write or journal about what you are good at or what you have been successful doing |
| Crying, not engaged, sleeping, withdrawn, frowning, no energy | Talk to your family or friends, do something you enjoy, positive self-talk, stretch or exercise, take a walk |

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How Do I Act?



What Can I Do About It?

