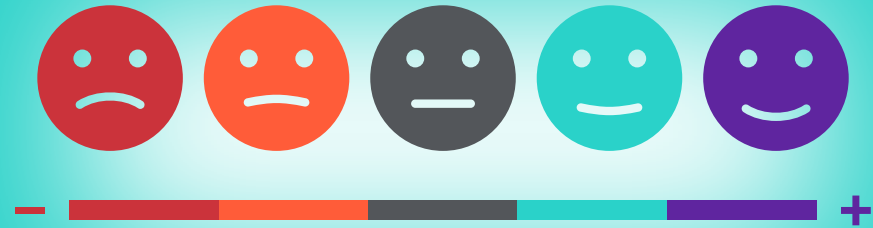


# Self-Regulation Chart

Put a sticker on each day that your student uses emotional regulation strategies.

MONTH: \_\_\_\_\_



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

STRATEGIES


- Take deep breaths.
- Count to 10.
- Talk about your feelings to someone you trust.
- Use positive self-talk.
- Move your body: walk, swim, run, dance, etc.
- Feel your feelings, but control your actions.
- Take a break.
- Do something fun or creative.
- Practice problem-solving with an adult.
- Ask for help from a trusted grown-up.