

# EMOTIONAL REGULATION

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Color to the area on the meter that represents how you are feeling right now.

<div>red</div> <div>upset or angry</div>	<div>yellow</div> <div>worried, frustrated, overexcited</div>	<div>blue</div> <div>tired, sad, bored</div>	<div>green</div> <div>happy and calm</div>
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Write two regulation strategies for each zone.

Zone	Looks like	Feels like	I can try to
GREEN			
BLUE			
YELLOW			
RED			