

EMOTIONAL REGULATION

Name: _____

Date: _____

Color positive coping skills in blue and negative in red.

write
my thoughts
and feelings down
in a journal

use
my body
to hurt others

try
to have
positive thoughts
about the situation

talk
to a parent or
a sibling about
my feelings

remove
myself
from the situation

count
to ten slowly

use
my words to hurt
other people's feelings

use
bad words/cuss,
yell, and scream

make
threats
to scare others

share
my feelings
with the other person

find
something
to distract me

name-calling
and insult
other people

throw
objects, punch walls,
or slam doors

take
time to reflect