# SELF REGULATION

Name: Date:

Color the actions that show self regulation.

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|---|---|
| screaming of your friend | thinking positive thoughts |
| closing your eyes | pounding the table |
| clenching your fist, taking a breath and let go of your fist | taking a deep breath |
| using a stress ball | listening to your favorite song |
| running away | stepping away and taking a break |
| mumbling under your breath | refusing to talk to someone |
| counting to 10 | stomping your feet |
| thinking negative thoughts | breaking items |