




Self-Regulation Strategies

Below are your 5 Faces of emotions.


A. Give yourself at least 2 strategies of how to help yourself when you're a 1, 2 or 3.


(Examples: Breathing; drink of water; going for a walk; access Take a Minute box; ask for help)

 <p>1 upset, angry, depressed, scared</p>	<p><i>What strategies can I use?</i></p>	<p><i>How can I practice these strategies so I can use them when I need them?</i></p>
 <p>2 negative, frustrated, confused, sad</p>	<p><i>What strategies can I use?</i></p>	<p><i>How can I practice these strategies so I can use them when I need them?</i></p>
 <p>3 OK, fine, all right, average</p>	<p><i>What strategies can I use?</i></p>	<p><i>How can I practice these strategies so I can use them when I need them?</i></p>

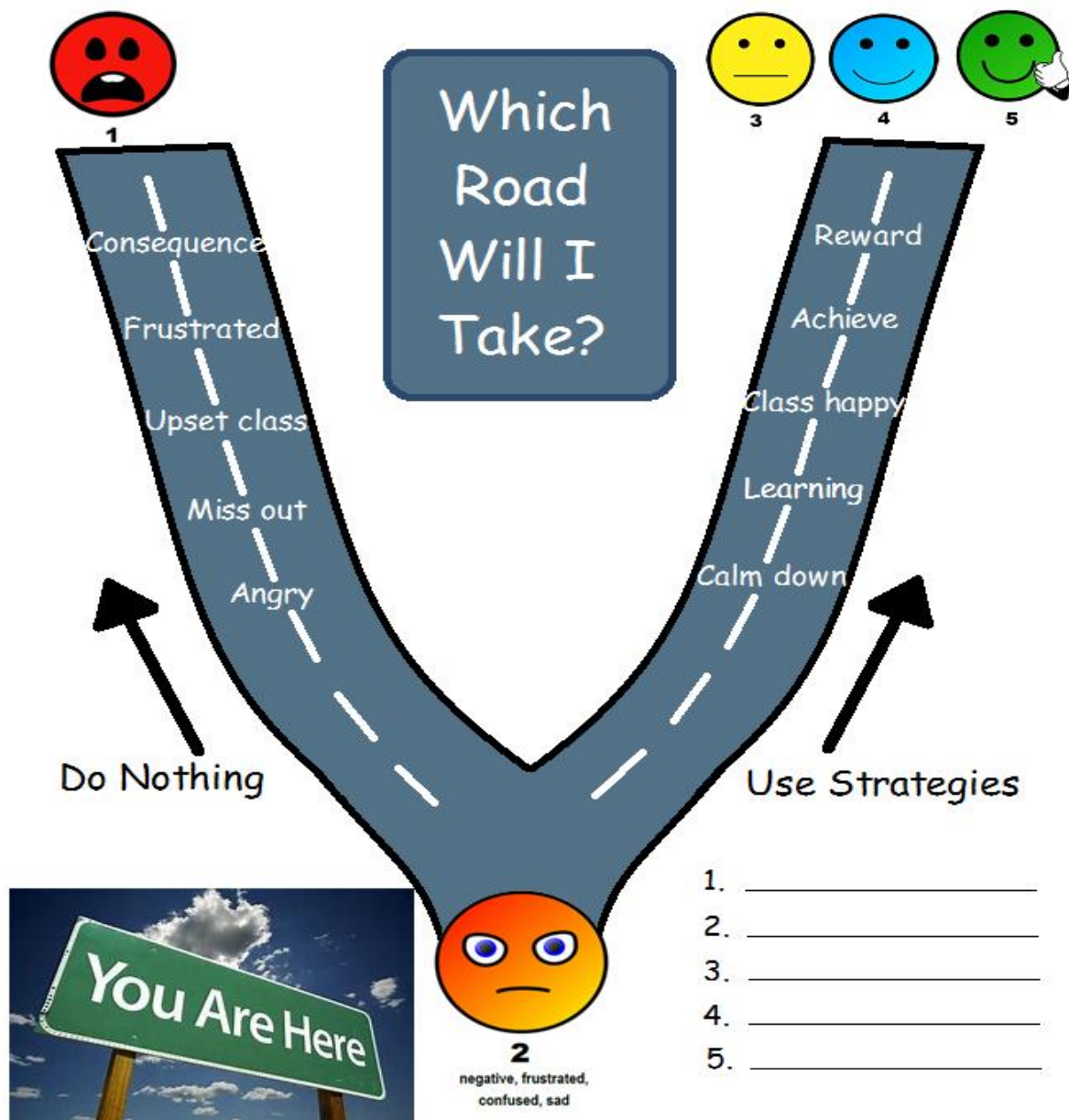
B. Give yourself at least 2 strategies of how to stay a 4 or 5.

(Examples: Give it a go; listen; help others; share ideas; ask for help)

 <p>4 comfortable, positive, pleased</p>	<p><i>What strategies can I use?</i></p>	<p><i>How can I practice these strategies so I can use them when I need them?</i></p>
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 <p>5 excited, happy, pumped</p>	<p>What strategies can I use?</p>	<p>How can I practice these strategies so I can use them when I need them?</p>
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What do you need to feel better?