

EMOTIONAL REGULATION

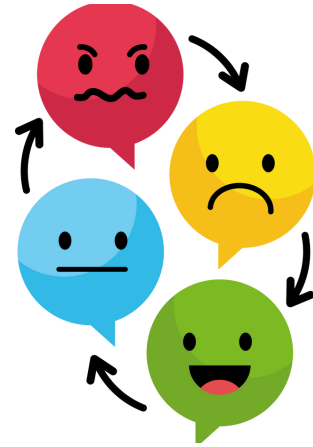
WORKSHEET BUNDLE FOR KIDS



Emotional Regulation bundle for Kids

WHAT ARE EMOTIONS?

Emotions are feelings that everyone experiences. They help us understand how we feel about things happening around us and inside us. Sometimes, emotions can be big and strong, and other times, they can be small or quiet. Emotions are neither "good" nor "bad"; they are just a part of being human!



BASIC EMOTIONS

Here are some of the emotions that kids often feel:

- **Happiness:** When you feel good, smile, or want to laugh. This happens when something fun or nice happens, like playing with friends or eating your favorite food.



- **Sadness:** When you feel down, like when something didn't go your way, or you miss someone or something special.



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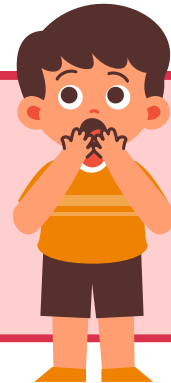
- **Anger:** When you feel upset or frustrated. This might happen if someone takes your toy or if you feel like something isn't fair.



- **Fear:** When you feel scared or worried about something, like trying something new or hearing a loud noise.



- **Surprise:** When something happens that you didn't expect, like a surprise party or a loud noise.



- **Disgust:** When you don't like something, like when food tastes yucky or you see something gross.



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BASIC EMOTIONS

Emotions are like signals from your body that tell you what's going on inside. They help you understand how you feel and how others feel, too. They also help you know what you need. For example, if you're feeling sad, maybe you need a hug or time to rest. If you're angry, you might need help solving a problem. Everyone feels emotions, and they are an important part of who you are. Learning how to understand your emotions helps you feel better, make good decisions, and get along with others.



HOW DO EMOTIONS AFFECT US?

- **Body:** Emotions can make your heart beat faster, give you butterflies in your stomach, or make you feel heavy or light.
- **Thoughts:** Emotions can affect what you're thinking about, like worrying when you're afraid or feeling happy when you're excited about something fun.
- **Actions:** Emotions can make you do things like cry when you're sad, yell when you're mad, or hug someone when you're happy.

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VISUAL EMOTION CHART (FACES ILLUSTRATING DIFFERENT EMOTIONS).

Emotion	Face Description	Key Features
Happiness	Smiling face, wide eyes, and raised eyebrows	Mouth in a big, open smile; eyes bright and open
Sadness	Frowning face with slightly drooped eyes	Corners of mouth turned down, teardrop near one eye
Anger	Furrowed eyebrows, narrowed eyes, and pursed lips	Tight jaw, furrowed brow, clenched teeth
Fear	Wide eyes, raised eyebrows, and slightly open mouth	Mouth slightly open, eyebrows raised, eyes wide open
Surprise	Eyes wide, eyebrows raised, mouth open in shock	Circular mouth, eyebrows raised high, eyes wide

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Emotion	Face Description	Key Features
Disgust	Wrinkled nose, pursed lips, and squinted eyes	Nose scrunched, lips slightly raised and tense
Confusion	One eyebrow raised, eyes squinting slightly, mouth slightly twisted	Tilted head, mouth forming a small curve to one side
Excitement	Big smile, raised eyebrows, and wide-open eyes	Mouth open with excitement, eyebrows raised high
Calm	Soft smile, relaxed eyes, and slightly closed eyelids	Closed eyes, soft smile, relaxed face muscles
Shyness	Slight smile, blush on cheeks, and slightly downward gaze	Head tilted down, small smile, rosy cheeks

HOW TO USE THE VISUAL EMOTION CHART:

- **Point and Name:** Kids can point to the face that looks like how they feel and say the name of the emotion.

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- **Match with Scenarios:** Pair each emotion with situations where the child might feel that way. For example, "When you get a gift, which face looks like you?"

- **Reflection:** Encourage kids to check the chart throughout the day and share how they feel.

MATCHING EMOTIONS TO SCENARIOS (E.G., "WHEN MY ICE CREAM FALLS, I FEEL.").

- **Instructions:**

In this worksheet, you will read different situations and think about how you would feel in each one. Then, match the correct emotion to the scenario by drawing a line or writing the emotion in the blank space. Afterward, you can discuss how these emotions make you feel and what you can do when you experience them.

PART 1: MATCH THE EMOTION TO THE SCENARIO

Below are different situations. Look at each one and match it to the emotion you might feel. Use the words from the emotion bank.

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EMOTION BANK:



Happy

Sad

Angry

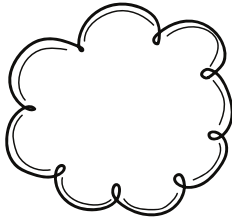
Scared

Surprised

Disgusted

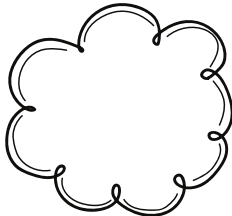
- When my ice cream falls on the ground, I feel...

Emotion:



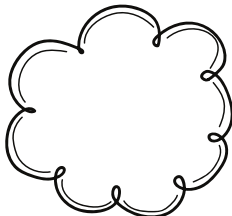
- When I get a gift on my birthday, I feel...

Emotion:



- When I hear a loud noise at night, I feel...

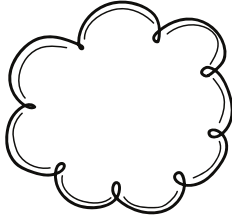
Emotion:



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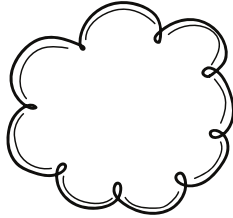
- When my friend doesn't share their toy, I feel...

Emotion:



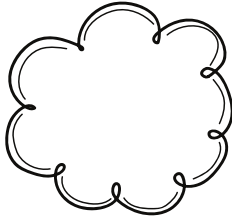
- When I see a bug in my food, I feel...

Emotion:



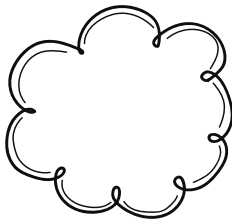
- When I score a goal in a game, I feel...

Emotion:



- When I have to say goodbye to my pet, I feel...

Emotion:



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PART 2: DRAW YOUR OWN SCENARIO

Think of a time when you felt one of the emotions above. Draw a picture of that moment and write down which emotion you were feeling.

- **Scenario:**

- **Emotion:**



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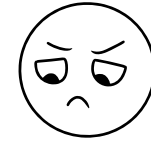
PART 3: WHAT CAN YOU DO?

Now let's think about what we can do when we feel these emotions. Look at the situations from Part 1 and think about something you could do to help you feel better when you experience each emotion. Write your answer next to the emotion.

• **Sad:** _____



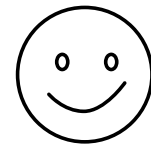
• **Angry:** _____



• **Scared:** _____



• **Happy:** _____



• **Surprised:** _____



• **Disgusted:** _____



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REFLECTION QUESTIONS:

- How do you know when you're feeling a strong emotion?
- What are some things you can do to calm down when you feel sad or angry?
- How can you help a friend who might be feeling scared or sad?

WORKSHEET TO TRACK DAILY FEELINGS (MORNING, AFTERNOON, EVENING).

INSTRUCTIONS:

This worksheet will help you keep track of how you feel throughout the day. You can check in with yourself in the morning, afternoon, and evening. Write down or draw how you're feeling and, if you like, add a short note about why you feel that way. This will help you understand your emotions better and see if there are any patterns in how you feel throughout the day.

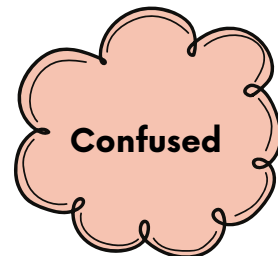
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PART 1: HOW DO I FEEL TODAY?

For each part of the day, think about how you're feeling. You can circle, color, or draw an emoji that matches your feelings and write a short note about why you might feel this way.

Morning :

- How do I feel this morning? (Choose one or more)

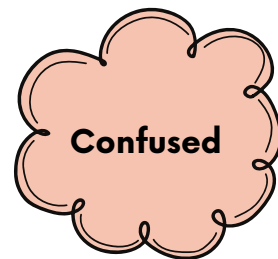


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Why do I feel this way?

Afternoon

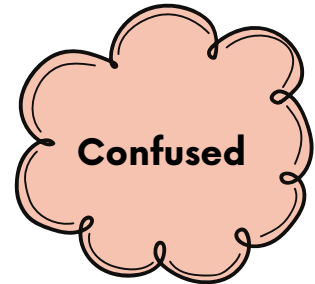
- How do I feel this afternoon? (Choose one or more)



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Why do I feel this way?

Evening



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Why do I feel this way?

PART 2: REFLECTION ON MY DAY

- What was the best part of my day?

- Did anything happen that made me feel upset or worried?

- What can I do to feel better tomorrow if I had a tough day?

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PART 3: MY MOOD TRACKER LECTON ON MY DAY

Use this chart to color in how you felt today at different times. Choose a color for each emotion, and then fill in the boxes for Morning, Afternoon, and Evening to match how you felt.

Time of Day	Feeling
Morning	
Afternoon	
Evening	

PART 4: EXTRA THOUGHTS:

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- Is there anything else you'd like to share about your feelings today?

REFLECTION QUESTIONS:

- Did your feelings change throughout the day? Why do you think that happened?
- What can you do to help yourself feel better when you're sad, angry, or worried?
- Who can you talk to when you're having a tough time?

COLOR-CODING OR EMOJI SYSTEM TO REPRESENT EMOTIONS.

Using a color-coding or emoji system to represent emotions is a simple and effective way to help children recognize, express, and track their feelings.

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These visual tools provide an easy, non-verbal method for children to communicate how they feel, making it particularly useful for younger children or those who may have difficulty expressing emotions through words. Here's how each system works:

1. COLOR-CODING SYSTEM:

The color-coding system uses specific colors to represent different emotions. Colors are associated with emotional states based on common psychological and cultural perceptions. This method is highly effective for younger children, as they often connect colors to moods intuitively. Here's an example of how colors can be used:

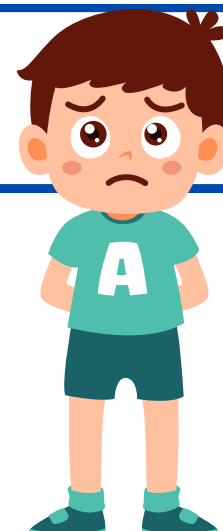
RED: REPRESENTS ANGER OR FRUSTRATION:

Red is often linked to intensity and high energy, making it a good fit for strong emotions like anger.



BLUE: REPRESENTS SADNESS OR LONELINESS

Blue is typically associated with feelings of calm but also with sadness, giving a soothing but melancholy tone.



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YELLOW: REPRESENTS HAPPINESS OR EXCITEMENT:

Yellow is bright and cheerful, making it a perfect representation for positive emotions like happiness or excitement.



GREEN: REPRESENTS CALM OR PEACE:

Green symbolizes nature and tranquility, representing feelings of relaxation or being at ease.



PURPLE: REPRESENTS CONFUSION OR SURPRISE:

Purple, being a blend of calm and intensity, can symbolize mixed or uncertain emotions, like confusion.



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2. EMOJI SYSTEM;

The emoji system uses simple, universally recognizable faces and symbols to represent emotions. Emoji's are a fun and engaging way for children to express their feelings, especially in today's digital age, where they are already familiar with these symbols. Here are examples of how emoji's can be used to represent various emotions:



Happy: A smiling face shows feelings of joy or contentment.



Sad: A crying face indicates sadness, disappointment, or feeling down.



Angry: A red, frowning face with furrowed brows conveys anger or frustration.

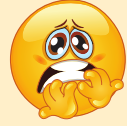


Angry: A red, frowning face with furrowed brows conveys anger or frustration.



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Scared: A wide-eyed face with an open mouth shows fear or worry.



Tired: A sleepy face with closed eyes and a droopy expression shows exhaustion or fatigue.



Excited: A smiling face with heart eyes represents excitement or love.



Confused: A face with a hand on the chin and raised eyebrow shows confusion or puzzlement.



The emoji system can be used in activities like emotion check-ins or tracking feelings over time. Children can circle, point to, or use stickers with the appropriate emoji to show how they feel. This system is especially helpful for visual learners and children who respond better to symbols and images rather than written words.



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- **BENEFITS OF USING COLOR-CODING OR EMOJI SYSTEMS**

Visual Representation: Both systems provide children with a visual, non-verbal way to express their emotions, which can be easier and more natural for them than trying to articulate complex feelings.

- **Self-Awareness:** Regular use of these systems helps children become more aware of their emotions and how they change throughout the day. This awareness is the first step toward developing emotional regulation skills.

- **Easy for Tracking:** Teachers, therapists, and parents can use these systems to track emotional patterns in children. If a child frequently picks "red" or an "angry" emoji, it can signal that they may need help learning to manage anger or frustration.

- **Accessible:** The simplicity of these systems makes them accessible to children of all ages and developmental stages, including those who may struggle with verbal communication.

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- **Fun and Engaging:** Using colors or emojis makes learning about emotions enjoyable and interactive, keeping children engaged and motivated to participate

LIST OF COMMON EMOTIONAL TRIGGERS (E.G., LOUD NOISES, CHANGES IN ROUTINE, LOSING A GAME).

- **Instructions:**

Emotional triggers are situations or events that cause us to feel strong emotions, such as anger, sadness, or frustration. By identifying these triggers, we can better understand why we feel the way we do and learn how to manage our reactions. In this worksheet, we will explore some common emotional triggers and reflect on how they affect us.

PART 1: COMMON EMOTIONAL TRIGGERS

Here is a list of common emotional triggers. Read through the list and think about how each one makes you feel. Then, circle the triggers that you think affect you the most.

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- **LOUD NOISES**

- **CHANGES IN ROUTINE**

- **LOSING A GAME OR COMPETITION**

- **MAKING A MISTAKE IN FRONT OF OTHERS**

- **NOT BEING INCLUDED IN A GROUP ACTIVITY**

- **BEING TOLD “NO” OR NOT GETTING WHAT YOU WANT**

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- **FEELING RUSHED OR PRESSURED**

- **NOT UNDERSTANDING SOMETHING IN CLASS**

- **FEELING IGNORED OR LEFT OUT**

- **DISAGREEMENT WITH A FRIEND OR FAMILY MEMBER**

- **MESSY OR CHAOTIC ENVIRONMENTS.**

- **FEELING HUNGRY OR TIRED**

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- **BEING CORRECTED OR CRITICIZED**

- **HAVING SOMETHING IMPORTANT TAKEN AWAY (E.G., A TOY, PRIVILEGE, OR PHONE)**

PART 2: HOW DO TRIGGERS AFFECT ME.?

Let's think about the triggers you circled above. Choose 2-3 triggers and write how they make you feel and what happens when you experience them.

- **Trigger 1:** _____

- **How does this trigger make me feel?**

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- What usually happens when I experience this trigger?

- What can I do to calm down or feel better when this happens?

- Trigger 2: _____

- How does this trigger make me feel?

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- **What usually happens when I experience this trigger?**

- **What can I do to calm down or feel better when this happens?**

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- Trigger 3: _____

- How does this trigger make me feel?

- What usually happens when I experience this trigger?

- What can I do to calm down or feel better when this happens?

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PART 3: MY EMOTIONAL TOOLBOX

When you feel triggered, it's important to have tools to help you calm down and manage your emotions. Below are some strategies you can use. Check off the ones that work for you, or add your own ideas!

• **Take deep breaths** ☐

• **Count to 10** ☐

• **Ask for a break or quiet time** ☐

• **Talk to a trusted friend or adult** ☐

• **Do something I enjoy (e.g., drawing, reading, or listening to music)** ☐

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- **Move to a different space or get some fresh air**

☐

- **Write about how I feel**

☐

- **Stretch or move my body**

☐

- **Drink water or have a snack**

☐

- **Practice positive self-talk (e.g., "I can handle this")**

☐

- **Other:**

☐

REFLECTION QUESTIONS:

- ARE THERE ANY TRIGGERS THAT SURPRISE YOU OR THAT YOU DIDN'T REALIZE AFFECT YOU?
- WHAT CAN YOU DO THE NEXT TIME YOU FEEL TRIGGERED TO STAY CALM AND IN CONTROL?

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MATCHING TRIGGERS TO EMOTIONS WORKSHEET.

Recognizing emotional triggers and understanding how they relate to specific feelings is an important part of emotional self-awareness. Different situations can provoke strong emotional reactions, and by identifying these connections, children can better manage their emotional responses. The chart below shows common emotional triggers and the emotions they may cause. Keep in mind that not everyone will feel the same way in every situation, but this guide helps show typical emotional responses to various triggers.

Trigger	Possible Emotion(s)	Example
Loud noises (e.g., sirens, yelling)	Scared, Anxious, Overwhelmed	Hearing a loud alarm makes me feel scared and want to cover my ears.
Changes in routine (e.g., canceled plans)	Frustrated, Anxious, Confused	When my schedule changes unexpectedly, I feel anxious and off-balance.
Losing a game or competition	Angry, Sad, Disappointed	I feel angry and upset when I lose a game I was trying hard to win.

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Trigger	Possible Emotion(s)	Example
Being teased or bullied	Hurt, Angry, Sad	When someone teases me, I feel hurt and want to be alone.
Not being included in a group activity	Lonely, Sad, Rejected	If I'm left out of a game, I feel sad and wonder if something's wrong.
Making a mistake in front of others	Embarrassed, Ashamed, Nervous	Making a mistake during a presentation makes me feel embarrassed.
Being told "no" or not getting what you want	Frustrated, Angry	When I'm told "no" by my parents, I feel angry and upset.
Feeling rushed or pressured	Stressed, Frustrated, Overwhelmed	I feel stressed when I'm rushed to finish a task quickly.
Not understanding something in class	Confused, Frustrated, Embarrassed	When I don't understand a lesson, I feel confused and embarrassed.

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Trigger	Possible Emotion(s)	Example
Feeling ignored or left out	Sad, Lonely, Angry	If my friends don't listen to me, I feel ignored and upset.
Disagreement with a friend or family member	Angry, Hurt, Frustrated	When I argue with my sibling, I feel frustrated and angry.
Messy or chaotic environments	Overwhelmed, Anxious, Irritable	A messy room makes me feel overwhelmed and frustrated.
Feeling hungry or tired	Irritable, Angry, Frustrated	When I'm hungry, I feel angry and can't focus.
Being corrected or criticized	Hurt, Embarrassed, Defensive	When someone corrects me, I feel embarrassed and defensive.
Having something important taken away (e.g., toy, privilege)	Angry, Sad, Disappointed	When my toy is taken away, I feel angry and frustrated.

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HOW TO USE THIS CHART:

- **Identify Your Triggers:** Look at the triggers in the chart and circle or highlight the ones that you notice affect you the most.
- **Connect the Emotion:** Next to each trigger, write down the emotion or emotions you tend to feel when that situation happens. You can use the suggestions in the chart or write your own.
- **Reflect on Your Reactions:** Think about how you typically react when you feel triggered. Do these emotions lead to helpful or unhelpful actions? How can you respond more calmly or positively next time?
- **Coping Strategies:** For each trigger, consider what strategies or tools you can use to manage the emotions. This might include deep breathing, taking a break, or talking to someone you trust?

REFLECTION QUESTIONS:

- Which trigger do you experience most often? How does it affect you?
- Are there any emotions that come up often in response to different triggers?

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- What coping strategies can you use to help manage your emotions when triggered?

MY EMOTIONAL TRIGGERS CHART

Instructions:

Understanding your emotional triggers can help you manage your feelings better. This worksheet will guide you in identifying your personal triggers, the emotions they evoke, and the strategies you can use to cope with them. Follow the steps below to fill out your chart.

PART 1: IDENTIFY YOUR TRIGGERS

Think about situations, events, or experiences that tend to upset or overwhelm you. In the chart below, list your emotional triggers in the first column.



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My Triggers	How It Makes Me Feel	What Happens Next	Coping Strategies
1.			
2.			
3.			
4.			
5.			

PART 2: DESCRIBE YOUR FEELINGS:

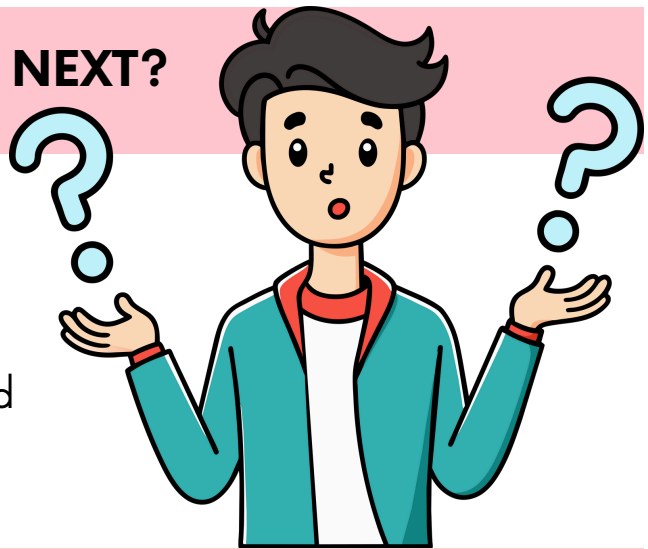
For each trigger you listed, think about how it makes you feel. Write down the emotions you typically experience when faced with that trigger in the second column.



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PART 3: WHAT HAPPENS NEXT?

In the third column, describe what usually happens next when you experience those emotions. Do you react in a certain way? Do you avoid situations? Write your thoughts here



PART 4: COPING STRATEGIES

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Now, think of some strategies that can help you manage your emotions when you encounter these triggers. Write down at least one coping strategy for each trigger in the fourth column. Consider techniques like deep breathing, talking to someone, or taking a break.

PART 4: COPING STRATEGIES:

After completing your chart, reflect on your findings. Answer the following questions:

- **Which trigger do I want to work on first?**

- **What is one specific action I can take the next time I encounter this trigger?**

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- How can I remind myself to use my coping strategies?

PART 6: REVIEW AND SHARE:

Consider sharing your Emotional Triggers Chart with a trusted friend, family member, or counselor. Discussing your triggers and coping strategies can help you feel supported and better equipped to handle your emotions.

WHERE DO I FEEL EMOTIONS IN MY BODY? WORKSHEET

Instructions:

Our emotions don't just affect our minds—they also affect our bodies. When we feel emotions, we often experience physical sensations in different parts of our bodies. This worksheet will help you identify where you feel emotions like anger, sadness, happiness, or anxiety. By becoming more aware of these feelings, you can better understand and manage your emotions.

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PART 1: COMMON EMOTIONS AND BODY SENSATIONS

Below are some common emotions and examples of where people might feel them in their bodies. Think about each emotion and see if it matches how you feel. If not, write where you feel it instead.

Emotion	Common Body Sensations	Where I Feel It
Anger	Tightness in chest, clenched fists, tense jaw	
Sadness	Heavy chest, lump in throat, tired or droopy muscles	
Happiness	Light feeling in chest, butterflies in stomach, energy in arms and legs	
Anxiety	Tight stomach, sweaty palms, fast heartbeat, shaky hands	

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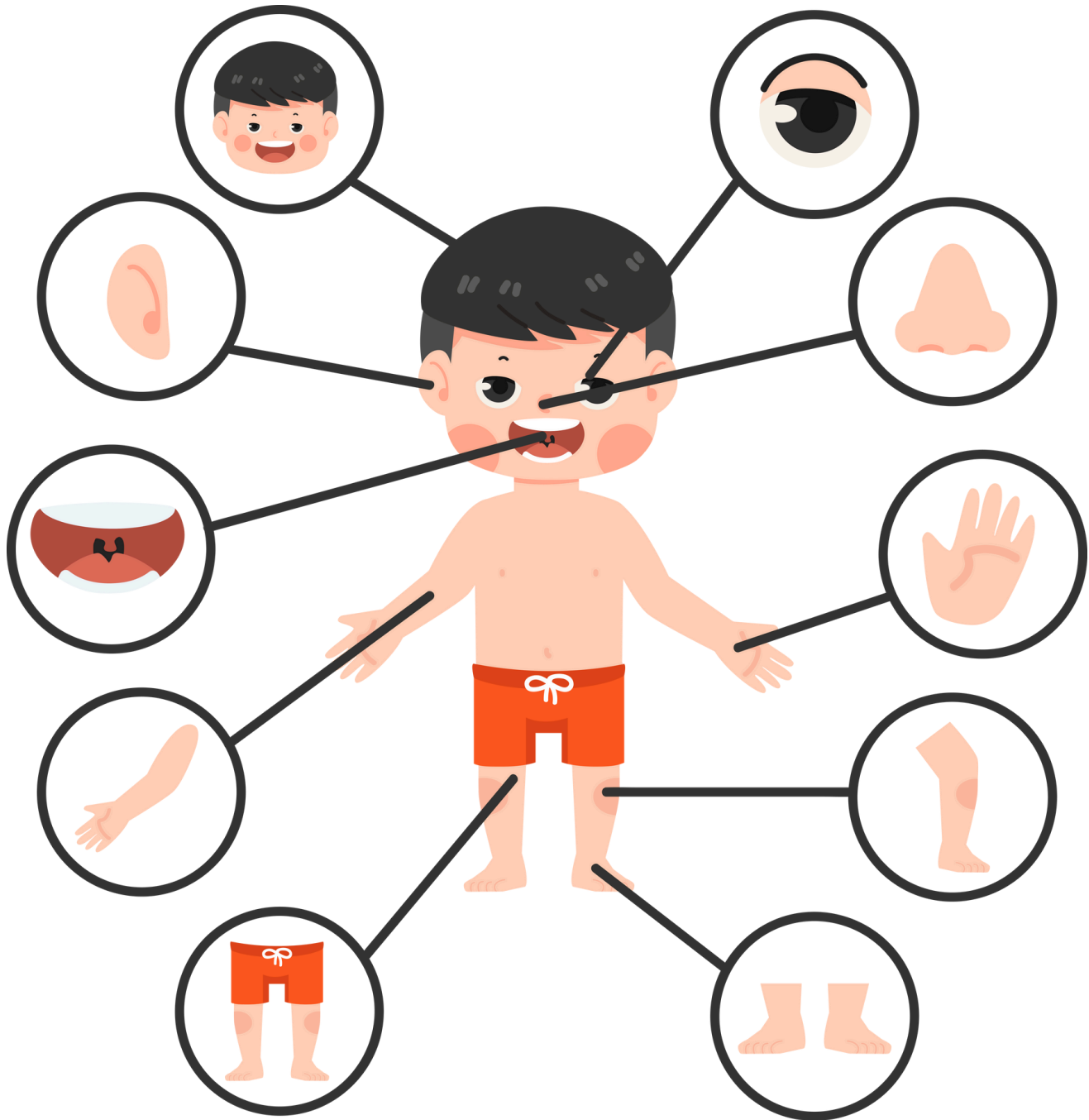
Emotion	Common Body Sensations	Where I Feel It
Excitement	Fast heartbeat, buzzing energy, butterflies in stomach	
Fear	Shaky legs, fast breathing, cold hands, tense shoulders	
Frustration	Tense muscles, tight jaw, clenched teeth	

PART 2: MY EMOTIONS AND BODY MAP

Let's map out where you feel emotions in your body. Below is a simple outline of a person's body. Think about the last time you felt a strong emotion (like happiness, sadness, or anger). Use different colors or labels to mark where in your body you feel that emotion. You can draw lines to the body parts or write in the spaces.

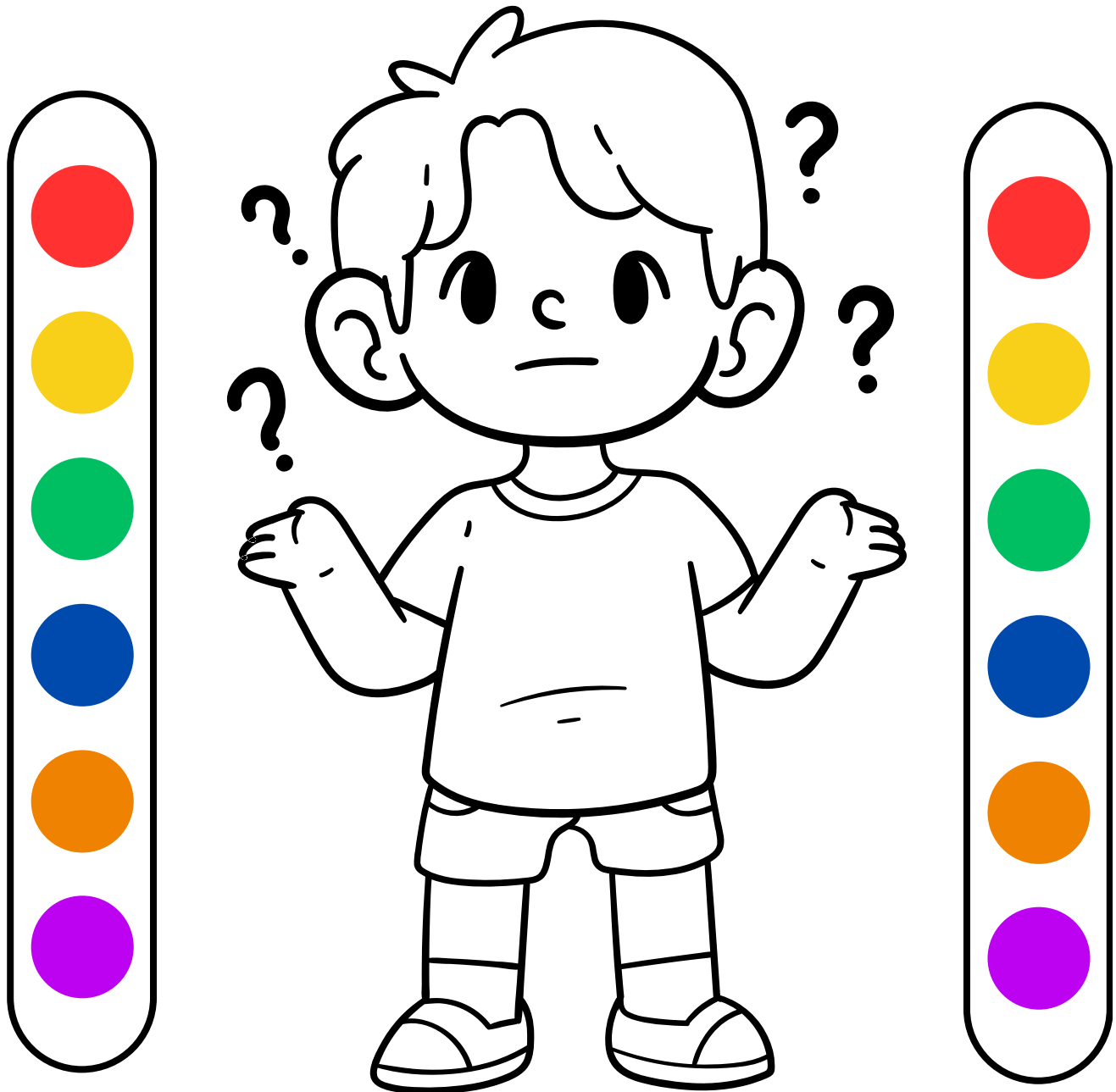
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LABEL THE PARTS OF BODY WHERE YOU FEEL EMOTIONS



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**FILL THE COLOR IN THE PARTS OF BODY
ACCORDING TO YOUR EMOTIONS,**



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- **Happiness: Where do I feel happiness in my body?**

- **Sadness: Where do I feel sadness in my body?**

- **Anger: Where do I feel anger in my body?**

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- **Anxiety or Nervousness: Where do I feel anxiety in my body?**

- **Excitement: Where do I feel excitement in my body?**

PART 3: REFLECTION QUESTIONS:

- **Which emotion do you feel most often in your body?**

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- How does your body feel when you are calm?

- What can you do to relax your body when you feel negative emotions?

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- **Who can you talk to when you feel overwhelming emotions in your body?**

PART 4: RELAXING YOUR BODY:

Now that you know where emotions affect your body, it's important to learn how to calm these feelings. Below are some strategies you can try when your body feels overwhelmed by emotion:

- **Take deep breaths:** Inhale slowly, hold for a few seconds, and exhale.

- **Stretch your muscles:** Release tension by stretching areas like your shoulders, arms, and legs.

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- **Practice grounding:** Focus on what you can see, hear, and touch around you to bring yourself back to the present.

- **Stretch your muscles:** Release tension by stretching areas like your shoulders, arms, and legs.

- **Move your body:** Walking, running, or dancing can help release built-up energy from emotions.

- **Use a calming object:** Hold something that makes you feel calm, like a soft toy or smooth stone.

BODY OUTLINE WORKSHEET FOR KIDS

A body outline worksheet helps kids understand how emotions affect different parts of their bodies. By coloring or marking where they feel various emotions, children can learn to recognize physical sensations linked to their feelings.

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Emotion	Physical Sensation	How to Represent on Body Outline
Nervousness	Butterflies or tightness in the stomach	Color or shade the stomach area with a color that represents nervousness, like yellow or orange.
Anger	Tightness in the chest, clenched fists, tension in the jaw	Mark or color the chest area, fists, and jaw using red to show tension.
Happiness	Warmth in the chest, energy in the arms and legs	Use bright colors (yellow, pink) to color the chest, arms, and legs to show energy and warmth.
Sadness	Heavy or droopy feeling in the chest, lump in the throat, teary eyes	Color the chest and throat areas with blue to represent sadness or heaviness. Add a small mark near the eyes for tears.
Fear	Cold hands, fast heartbeat, tense shoulders, shaky legs	Shade the hands with a cool color (light blue) to show coldness, and mark the chest and legs to indicate a fast heartbeat and shaky legs.

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Emotion	Physical Sensation	How to Represent on Body Outline
Excitement	Fast heartbeat, tingling in the stomach, buzzing energy	Use bright, vibrant colors like orange or purple to mark the chest and stomach areas.
Frustration	Tight jaw, tense shoulders, clenched fists	Color the jaw, shoulders, and fists in dark colors like red or black to show tightness and tension.
Calm	Relaxed muscles, slow breathing, warmth throughout the body	Use soothing colors like light blue or green to color the whole body, showing a calm and relaxed state.

HOW TO USE THE BODY OUTLINE WORKSHEET:

- **Print a body outline:** Start by printing or drawing a simple outline of a person's body.
- **Choose your colors:** Decide on specific colors to represent different emotions (e.g., red for anger, blue for sadness, yellow for happiness).

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- **Mark the sensations:** When thinking about a specific emotion, ask yourself, "Where do I feel this in my body?" Use the chart above to help guide where to color or mark your body outline.
- **Color it in:** Use crayons, markers, or pencils to fill in the parts of the body where you feel those emotions.
- **Reflect:** After coloring, take time to talk about how your body feels when you experience each emotion. This helps you become more aware of your emotional responses.

REFLECTION QUESTIONS:

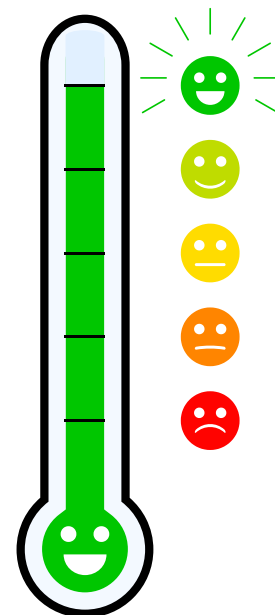
- Which emotion do you feel most often? Where do you feel it in your body?
- Are there certain parts of your body where you feel more than one emotion?
- How does recognizing where you feel emotions help you manage them?

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VISUAL THERMOMETER TO HELP KIDS IDENTIFY THE INTENSITY OF THEIR FEELINGS.

INSTRUCTIONS:

Emotions come in different intensities sometimes they're small, and other times they feel very big. This Feeling Thermometer can help you recognize how strong your emotions are, from calm and relaxed to very intense. By learning where your feelings fall on the thermometer, you can better understand and manage your emotions.



On the thermometer below, emotions range from low intensity at the bottom to high intensity at the top. Read through the descriptions and examples, then use the thermometer to mark where your feelings are.

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FEELING THERMOMETER LEVELS

Level	Feeling Intensity	Description	Example
0 - Calm	No intense feelings	Feeling relaxed and at ease. Your mind and body feel calm.	Sitting quietly, watching a favorite show.
1 - Mild	Low intensity	Slightly noticeable feeling, but easy to manage and ignore.	Feeling a little sad because it's raining, but still okay.
2 - Moderate	Moderate intensity	Noticeable feeling, but still manageable. You're aware of it.	Feeling annoyed when someone interrupts you.
3 - Strong	Strong intensity	Strong emotion; you can feel it in your body, like tightness.	Feeling nervous about a test tomorrow, with a fluttery stomach.
4 - Very Strong	Very strong intensity	Emotion feels big and hard to ignore. Physical signs like sweating or tension might appear.	Feeling frustrated after losing a game with friends.

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USING THE FEELING THERMOMETER

- **Identify Your Feeling:** Think about what you're feeling right now or remember a recent experience. What emotion are you feeling (e.g., anger, sadness, happiness, or excitement)?
- **Rate Your Intensity:** Look at the thermometer and decide how intense this feeling is for you. Mark the level that best matches your current emotion.

DESCRIBE YOUR FEELING:

- **What emotion are you feeling?**

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- **Where did you mark it on the thermometer?**

- **Why do you feel this way?**

- **Coping Strategy:**

- **Levels 0-2** (Calm to Moderate): Take deep breaths, read, or do something that makes you feel happy.
- **Levels 3-5** (Strong to Overwhelming): Take a break, talk to someone, go for a walk, or use positive self-talk like "I can handle this."

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MY FEELING THERMOMETER:

- Draw or mark the level of your emotion on the thermometer below:

Intensity	5 - Overwhelming	4 - Very Strong	3 - Strong	2 - Moderate	1 - Mild	0 - Calm

Mark your feeling intensity level with a color or symbol, and use this thermometer as a guide whenever you need to check in with yourself.

REFLECTION QUESTIONS:

- What do you notice about your feelings when you mark them on the thermometer?
- How can this thermometer help you manage big emotions?
- What strategy do you want to try the next time you feel a strong emotion?

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A CHART OR GRAPH WHERE KIDS CAN TRACK THEIR PROGRESS OVER TIME WITH EMOTION REGULATION SKILLS.

Instructions:

Learning to manage emotions takes practice, and tracking your progress can help you see how much you've grown! This worksheet includes a chart to help you monitor your use of emotion regulation skills over time. Each week, mark your progress and see how you're improving at handling strong emotions.

EMOTION REGULATION PROGRESS CHART:

Instructions:

- **Set Your Goals:** Choose one or two emotion regulation skills you want to work on this week. Examples include taking deep breaths, using positive self-talk, or counting to ten before reacting.
- **Track Your Week:** Each day, note how well you used your skills to manage emotions. Circle a number from 1 (didn't use skills much) to 5 (used skills very well).

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- **Reflect:** At the end of the week, reflect on your progress and think about what helped you succeed or what you'd like to try next week.

EMOTION REGULATION PROGRESS CHART:

Day	Goal: Skill #1	Skill Used (1-5)	Goal: Skill #2	Skill Used (1-5)
Monday				
Tuesday				
Wednesday				
Thursday				

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Day	Goal: Skill #1	Skill Used (1-5)	Goal: Skill #2	Skill Used (1-5)
Friday				
Saturday				
Sunday				

WEEKLY REFLECTION QUESTIONS:

- What was one moment this week when you felt proud of using your emotion regulation skills?

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- Which skill helped you the most this week? Why?

- What was the hardest part of managing your emotions this week?

- What skill do you want to focus on next week?

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MONTHLY PROGRESS GRAPH:

At the end of each week, add your average skill score (from 1 to 5) for the week to the progress graph below. Each dot represents one week. Connect the dots to see how your skill use improves over the month!

Week	Week 1	Week 2	Week 3	Week 4

REFLECTION AT THE END OF THE MONTH:

- Which skill helped you the most throughout the month?

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- What changes did you notice in how you handle emotions?

- What's one new skill you want to try next month?
