

WAYS TO REGULATE EMOTIONS



Notice it	'I notice butterflies in my belly'
Name it	'Worry' 'Excitement'
Breathe	Count 3 breaths
Be kind to you	'I'm okay'
Move	Go for a walk or stretch
Quiet activity	Draw, read, play quietly
Meditate	Play Smiling Mind
Talk	To a trusted adult or friend
Reframe	Can I learn from this?
What else?	Think of your own