

Simple Strategies for Emotional Regulation

<p>Tired</p> 	<p>Talk to an adult</p> 	<p>Have a drink of water or a snack</p> 	<p>Have a movement break</p> 
<p>Calm</p> 	<p>Do your school work</p> 	<p>Concentrate</p> 	<p>Listen</p> 
<p>Frustrated or Annoyed</p> 	<p>Take deep breaths</p> 	<p>Have a movement break</p> 	<p>Have a drink of water or a snack</p> 
<p>Angry</p> 	<p>Take a deep breaths</p> 	<p>Take a break</p> 	<p>Do some whole body stretches</p> 