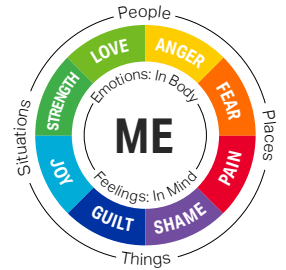




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Activity 3: Build My Emotions Regulation Plan

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

Observe: Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

My Action Plan	<hr/> People, Places, Things, Situations				
	Regulation Practices	<hr/> Emotional Regulation Practice	<hr/> Emotional Regulation Practice	<hr/> Emotional Regulation Practice	<hr/> Emotional Regulation Practice
		<hr/> Coping Skill 1	<hr/> Coping Skill 1	<hr/> Coping Skill 1	<hr/> Coping Skill 1
		<hr/> Coping Skill 2	<hr/> Coping Skill 2	<hr/> Coping Skill 2	<hr/> Coping Skill 2
	Emotions & Feelings	<hr/> Emotion	<hr/> Emotion	<hr/> Emotion	
		<hr/> Feeling (I feel)	<hr/> Feeling (I feel)	<hr/> Feeling (I feel)	
		<hr/> ME			

Questions to Explore

Select one of the Emotions & Feelings Discovery Cards above and answer the following questions.

Evaluate:

1. Which Emotions Card did you pick? What is the specific feeling you are experiencing?

2. Which of the emotional regulation practices you selected will be most helpful in coping with this emotion? Explain.

3. How have you used this practice before for a similar emotional situation?

Evaluate (continued):

4. Which coping skills from the front side of this card do you think will be most helpful to you in addressing these emotions and feelings right now?

Respond:

5. How will you use this Emotional Regulation Practice and specific coping skill when your emotions get activated?

6. Who can you ask for help and support?