

# The Ultimate Self-Regulation Kit

TEMPLATES & DISPLAY



# Contents

Introduction and Guidance .....	3
How Do You Feel? .....	4
Blank How Do You Feel? .....	6
How Do You Feel? Images .....	9
Emotions Flashcards .....	11
Feelings Thermometer .....	17
Feelings Meter .....	18
Calming Down Cards .....	19
Calming Down Breathing Exercises .....	22
How do you Feel? Sentences .....	25
Managing My Emotions Daily Tracker .....	26
Managing your Emotions Award Certificate .....	27

# Introduction and Guidance

Self-regulation – the ability to understand and manage your thoughts, feelings and behaviors – is something that children need to be taught and shown how to practice.

This kit aims to offer Elementary teachers a flexible set of resources including emotion flashcards, breathing strategies, calm-down cards and behaviour prompts to develop children’s emotional self-regulation skills. The resources are designed for use in the classroom and for display, and can be used in lessons, laminated and hung on clotheslines, set up in a calming corner of your classroom or saved in a ‘Calm Down’ binder for 1:1 discussion time.

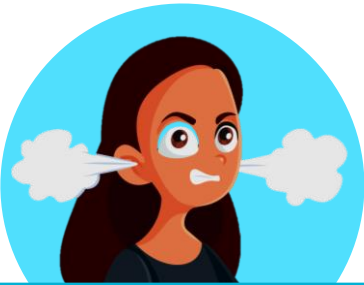
You’ll find engaging **How Do You Feel?** emotion posters for classroom display alongside blank versions for students to cut out and create their own. Use the **Feelings thermometer** and **Feelings Meter** to help kids to recognize how they feel and the comprehensive set of **Emotion Flashcards** to explore how feelings change and how to manage them.

For students who find self-regulation more challenging, our **Calm Down Breathing Exercises** are helpful visual aids. They show kids how to reduce feelings of anger, stress or anxiety through 3-step, 5-step or 10-step breathing techniques. You’ll also find practical advice and coping strategies for children who are struggling with complex feelings and behaviors in the set of **Calm Down Cards**. These children may also benefit from using the **Managing My Emotions Daily Tracker** and **How Do You Feel? Sentences** templates, which provide a useful framework for daily discussions about managing emotions.

We hope these resources help your students to feel more comfortable and confident managing their emotions. Celebrate their progress with our **Managing Your Emotions Award Certificate!**

The TeacherVision Team

# How Do You Feel?



Furious



Frustrated



Stressed



Scared



Happy



Annoyed



Tired



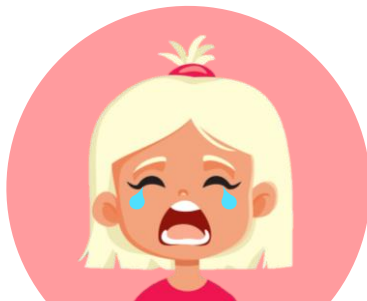
Bored



Thirsty



Calm



Upset



Excited

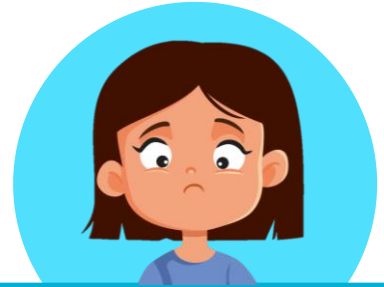
# How Do You Feel?



Hungry



Jealous



Sad



Confused



Brave



Hurt



Embarrassed



Curious



Worried



Surprised



Unwell



Proud

# How Do You Feel?



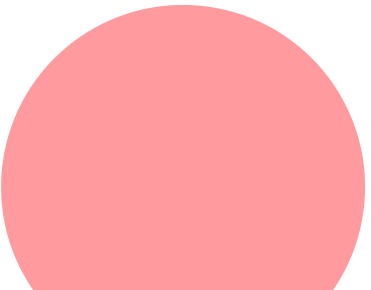
Furious



Frustrated



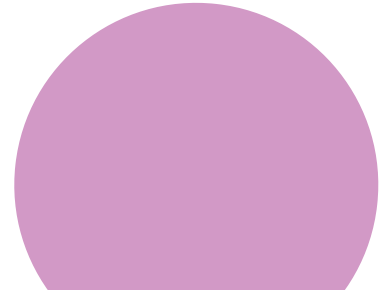
Stressed



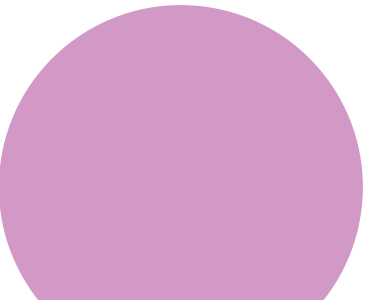
Scared



Happy



Annoyed



Tired



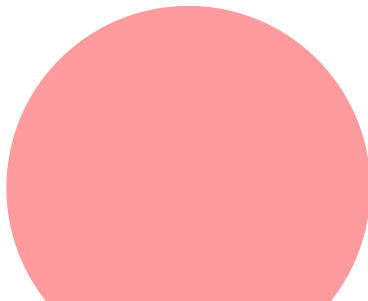
Bored



Thirsty



Calm

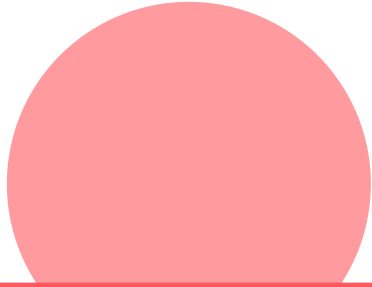


Upset



Excited

# How Do You Feel?



Hungry



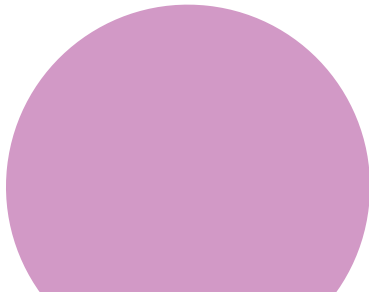
Jealous



Sad



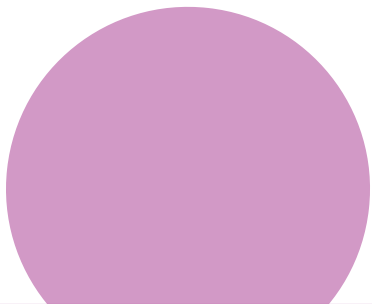
Confused



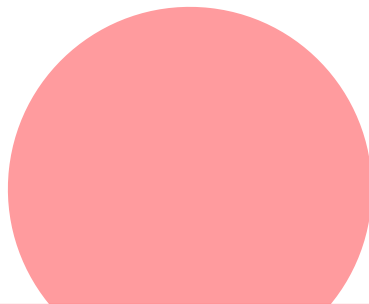
Brave



Hurt



Embarrassed



Curious



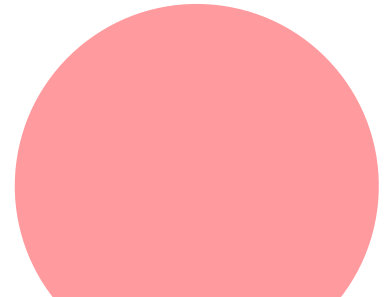
Worried



Surprised

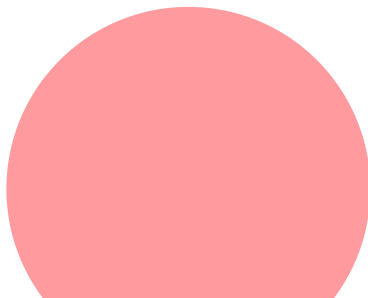
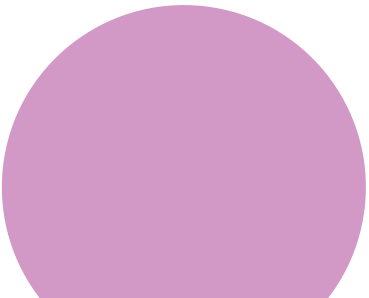
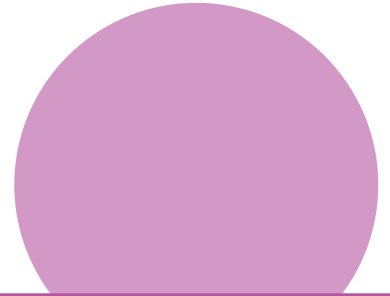
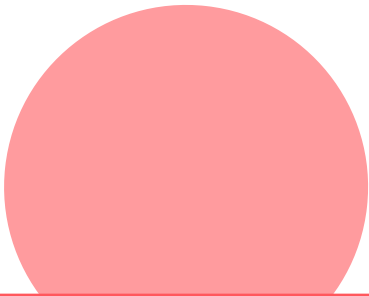


Unwell



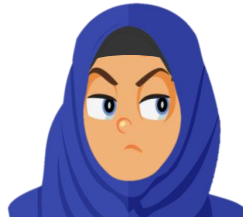
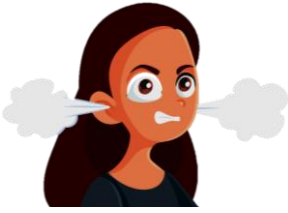
Proud

# How Do You Feel?





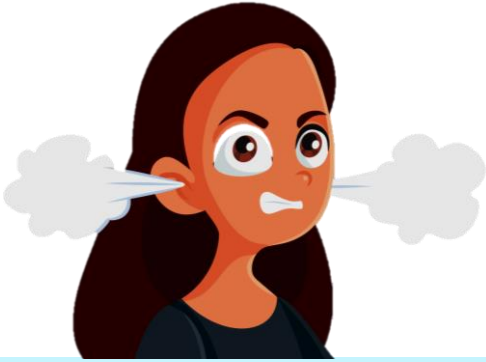
# How Do You Feel? Images



# How Do You Feel? Images



# Emotions Flashcards



**Furious**



**Stressed**



**Frustrated**



**Scared**

# Emotions Flashcards



Happy



Annoyed



Tired



Bored

# Emotions Flashcards



**Thirsty**



**Calm**



**Upset**



**Excited**

# Emotions Flashcards



**Hungry**



**Jealous**



**Sad**



**Confused**

# Emotions Flashcards



**Brave**



**Hurt**



**Embarrassed**



**Curious**

# Emotions Flashcards



**Worried**



**Suprised**



**Unwell**



**Proud**



# Feelings Thermometer

I feel **really angry** and out of control. I should:

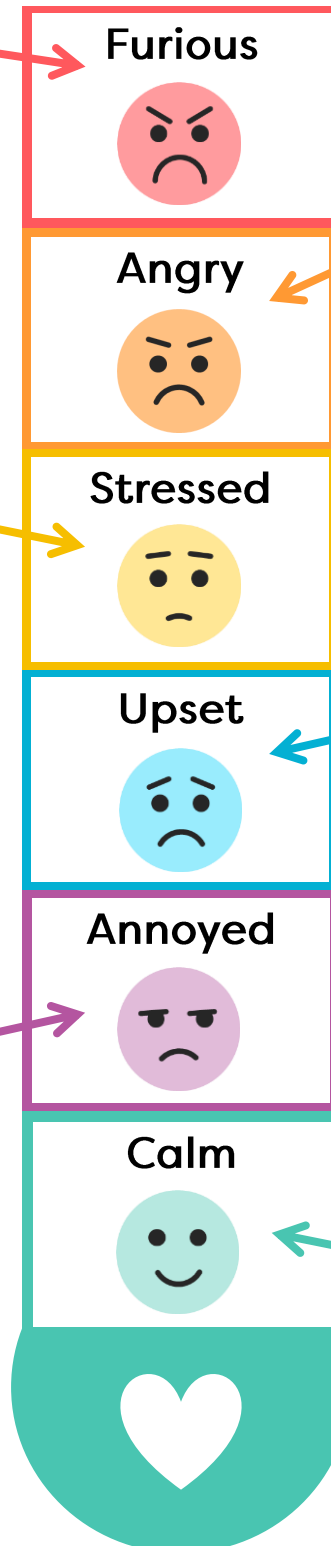
- count slowly to ten
- use a breathing strategy
- take myself away from other people to calm down.

I feel **stressed out** and there's too much going. I should:

- talk to someone to explain my feelings
- go to a calmer place
- do something I enjoy, like drawing or being outside.

I feel **irritated and annoyed!** I should:

- walk away from the situation that is irritating me
- distract myself by doing something different.



I feel **angry and frustrated.** I should:

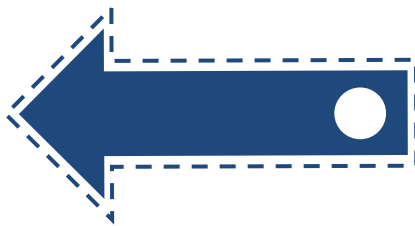
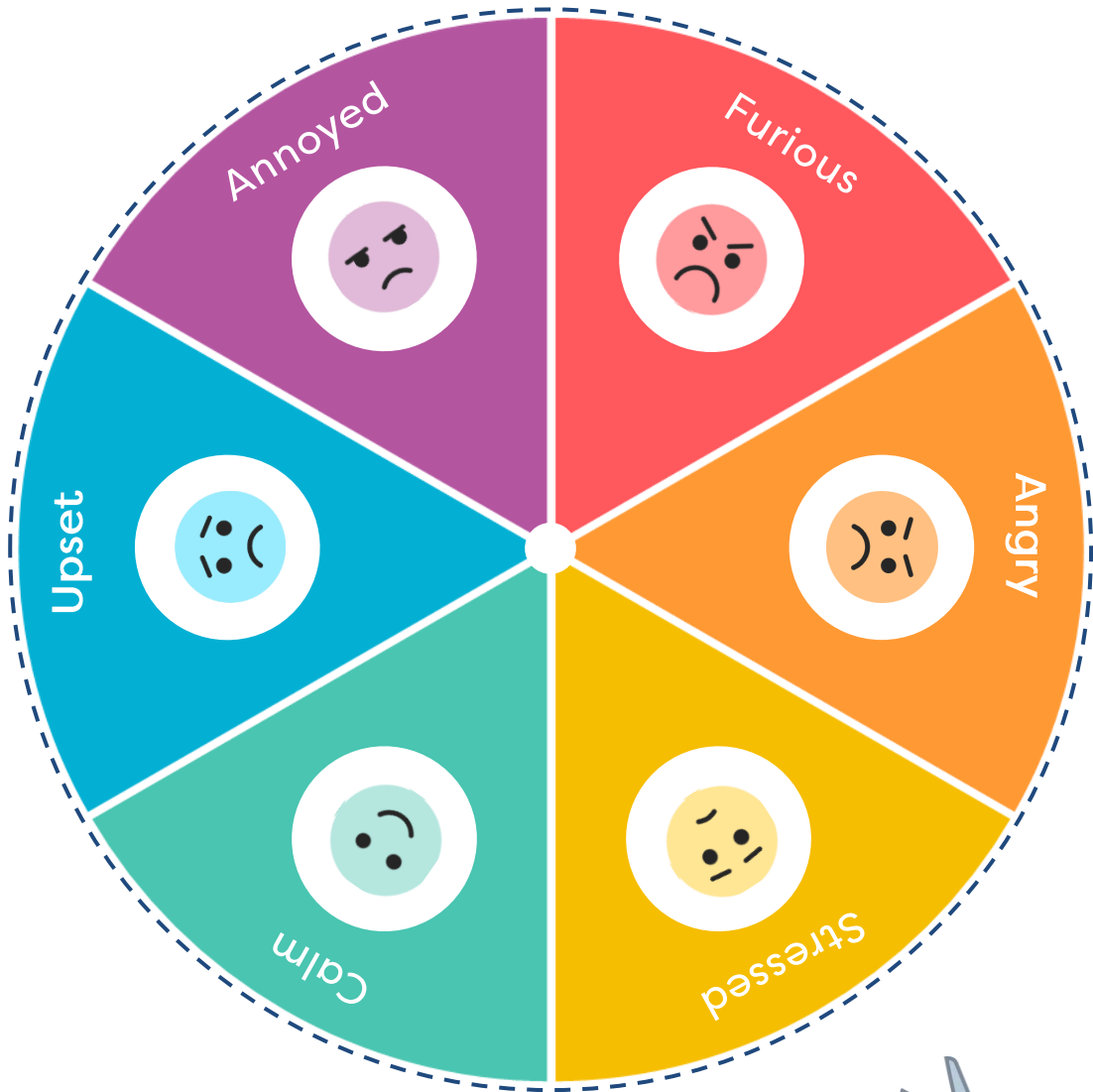
- ask for a break – it's normal to feel angry sometimes
- find a quiet space I feel comfortable in
- concentrate on feeling less angry.

I feel **upset!** I should:

- talk about why I feel upset with someone I trust
- draw or write about my feelings
- think about things from a different point of view.

I feel **relaxed and happy** – I will enjoy this feeling!

# Feelings Meter



# Calming Down Cards

When I am **furious** I will...

Move away from others



Close my eyes



Take long, deep breaths



Look out of the window or at something I find calming



Count slowly to 10



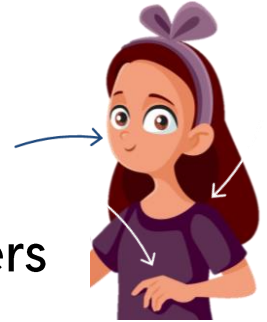
Have a drink of water



# Calming Down Cards

When I am **angry** or **frustrated** I will...

Close my eyes



Relax my face, hands and shoulders

Accept it is normal to feel angry and frustrated sometimes



Concentrate on breathing slowly



Think of a nice thing that happened today



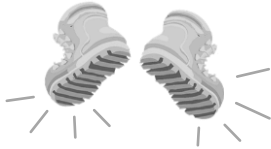
Have a drink of water



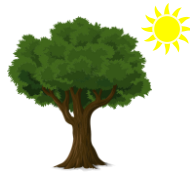
# Calming Down Cards

When I am **angry** I will...

Stomp



Go outside



Do some star jumps



Draw a picture or do some coloring



Talk to someone



Play with a ball



Play with a toy



Have a drink or a snack



Listen to some music



Be on my own



Walk around



Ask for some time out



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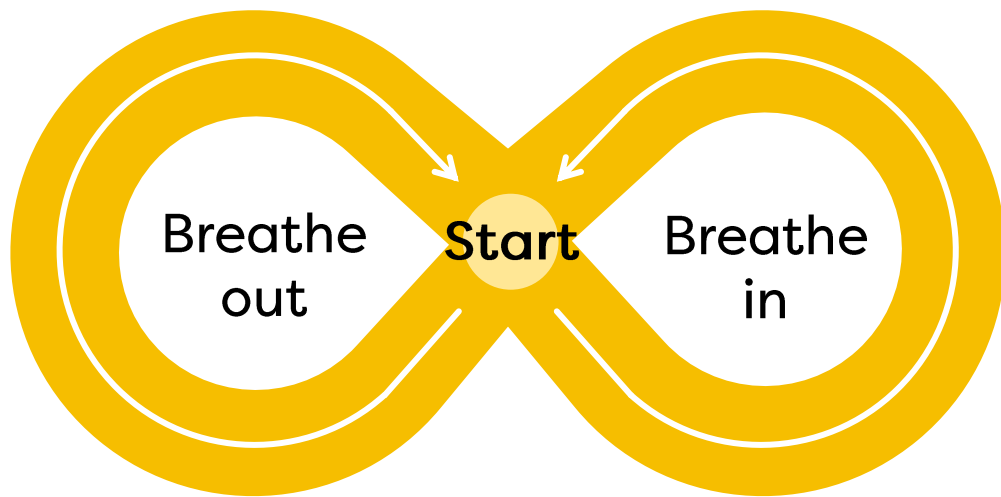
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# Calming Down Breathing Exercises

If you are feeling angry, anxious or stressed you may find these breathing exercises help you.

## 3 step breathing:



1.

Breathe in slowly for a count of three, filling your chest with air.



2.

Pause and hold your breath.



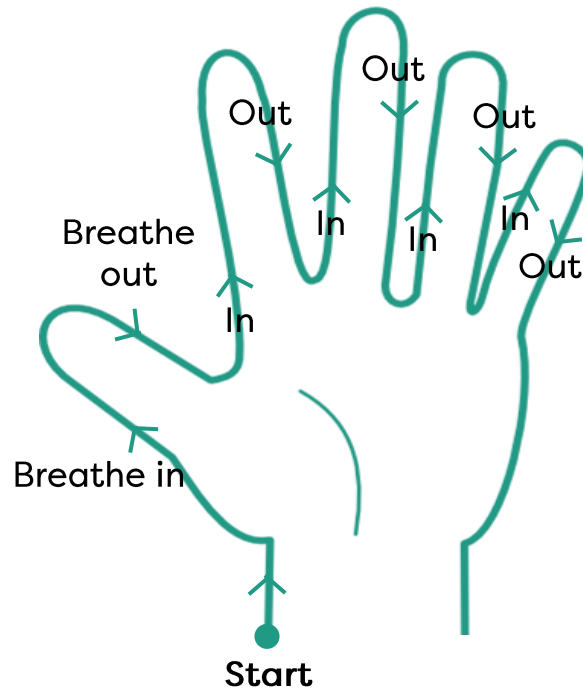
3.

Breathe out slowly for a count of three, pushing the air out.



# Calming Down Breathing Exercises

## 5 step breathing:



x5

Breathe in slowly for a count of three, filling your chest with air.



Pause and hold your breath.

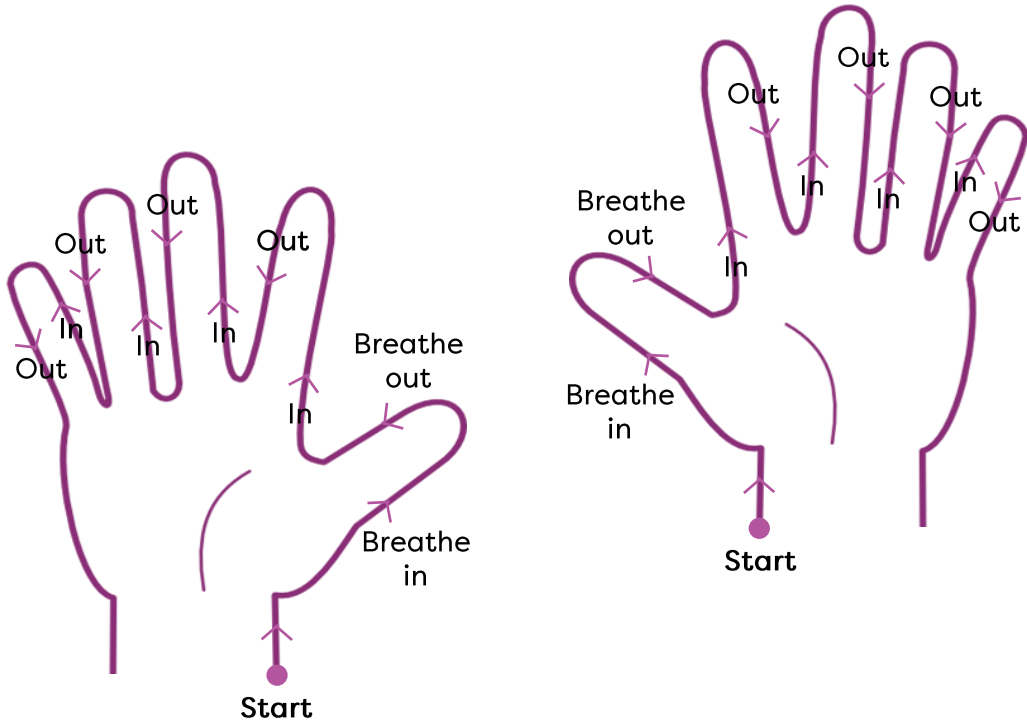


Breathe out slowly for a count of three, pushing the air out.



# Calming Down Breathing Exercises

## 10 step breathing:



x10

Breathe in slowly for a count of three, filling your chest with air.



Pause and hold your breath.



Breathe out slowly for a count of three, pushing the air out.





# How do you Feel? Sentences

How are you feeling today? I feel -----

How are you feeling today? I feel -----














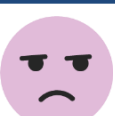

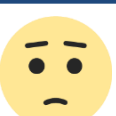
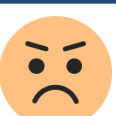
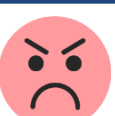

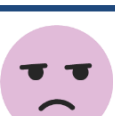
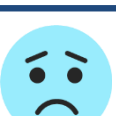
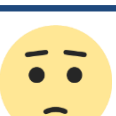

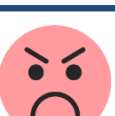
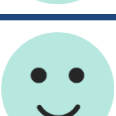
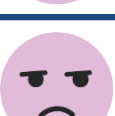
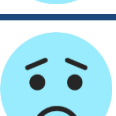
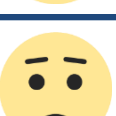
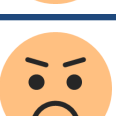
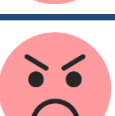

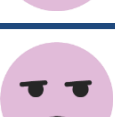
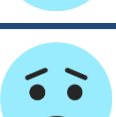
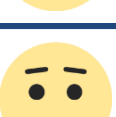
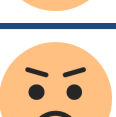
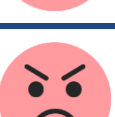



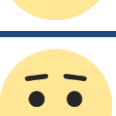
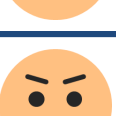

How are you feeling today? I feel -----

How are you feeling today? I feel -----

How are you feeling today? I feel -----

How are you feeling today? I feel -----

# Managing My Emotions Daily Tracker

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

This week, I've been mostly feeling: \_\_\_\_\_

To help to manage these feelings, I could: \_\_\_\_\_

\_\_\_\_\_

Here are some ideas to help you:

- Go outside
- Drink more water
- Practice a breathing technique
- Think about something good that's happened
- Talk to a friend or adult I trust
- Share my feelings
- Accept my feelings
- Close my eyes and relax my body

# Managing your Emotions Award Certificate



## Congratulations



-----  
You are learning to recognize and  
manage the following emotions:

-----  
Date:

Teacher's name:



## Congratulations



-----  
You are learning to recognize and  
manage the following emotions:

-----  
Date:

Teacher's name: