

Name:

Date:

EMOTIONAL REGULATION WORKSHEET

Things that make me sad:

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-

Things that make me mad:

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-
-

Things that make me scared:

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**When you feel upset, it's important to calm down.
Circle the strategies that can help you calm down
when you feel mad, sad, or scared.**

Take deep breaths

Count to 10

Hug a stuffed animal

Talk to someone

Go for a walk

Listen to music

Draw or color

Think of something happy

**Write your own ideas to calm down
when you feel mad, sad, or scared.**
