

Self Regulation Triggers and Calming Tools

Self Regulation Strategies for _____ (name)



Before
explodes
can...

FREEBIE

Circle some ideas to use.

Ask for help 	Go for a walk 	Take deep breaths 	Count to ten
Talk to someone 	Get a drink of water 	Talk to someone 	

What to use?

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Self Regulation Strategies for _____ (name)



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Ask for help 	Go for a walk 	Take deep breaths 	Count to ten
Take a break 	Get a drink of water 	Talk to someone 	Think happy thoughts

These are some tools I can use.

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This is a free version of a resource in my store to help students with self regulation.

Full Version:

This is an emotion and self regulation, self control resource which can be used to support your SEL, PBIS and ZONEs of Regulation™ lessons. It includes pictures, activities and worksheets that can be used to teach about triggers, as well as, calming strategies and tools. These are important for all students to be successful in school and life.

Includes:

- Information sheets that can be used for anchor charts or posters on self control, self regulation, triggers and calming tools.
- Trigger and tool/strategy pictures to be used for instructional purposes. Can also be used to match a strategy to a trigger. Make double copies and use as a memory or matching game.
- Emotion and Trigger lesson with coordinating worksheet.
- Several levels of worksheets for students to identify triggers and calming tools to use to maintain self control. Worksheets are differentiated some include banks of ideas with words and pictures.

When I am self regulated and in control of my body I can...

- Be motivated to learn
- Make good choices
- Ask for help when I need it
- Make a plan and execute
- Listen and understand
- Do what is expected
- Stay in control
- Make friends

I can do these things on my own without being asked.

Self Regulation Strategies for _____ (name)



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explode I
can...**

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<p>Take a break</p> 	<p>Get a drink of water</p> 	<p>Talk to someone</p> 	<p>Think happy thoughts</p> 

What tools can I use?

Self Regulation Strategies for _____ (name)



Before I explode I can...

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These are some tools I can use.

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for therapy ideas at
CreativeCOTA.com

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