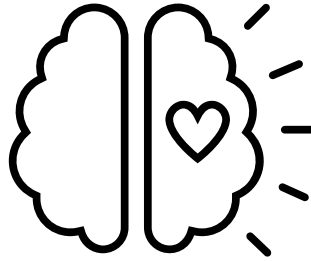


# Mini Quiz: How Well Do You Self-Regulate?



Take this **5-question mini quiz** to learn more about how you manage emotions, focus, and daily challenges!

## **1. When something doesn't go my way, I usually...**

- A) Get really upset and stay frustrated for a long time.
- B) Feel annoyed but try to move on.
- C) Take a deep breath, think about my options, and stay calm.
- D) Talk about my feelings and try to find a solution.

## **2. If I get distracted while working on something important, I...**

- A) Give up and do something else instead.
- B) Try to refocus, but it's hard.
- C) Use a strategy, like taking a quick break or setting a timer, to help me get back on track.
- D) Remind myself of my goal and take small steps to stay focused.

## **3. When I feel overwhelmed, I...**

- A) Get stuck and don't know what to do.
- B) Try to calm down but struggle to manage my emotions.
- C) Use a calming strategy, like deep breathing or finding a quiet space.
- D) Ask for help or talk to someone who can support me.

#### 4. If I need help with something, I...

- A) Stay quiet and hope someone notices.
- B) Sometimes ask, but I feel uncomfortable doing it.
- C) Speak up and ask for help when I need it.
- D) Try to solve it myself first, then ask for help if needed.

#### 5. When I have to switch from one activity to another, I...

- A) Get frustrated and have trouble adjusting.
- B) Need a little time but can usually manage.
- C) Use a routine or a countdown to make the transition easier.
- D) Focus on what's coming next to help me shift my mindset.

---

#### Your Results!

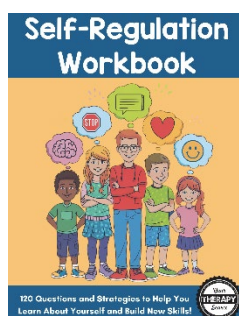
★ **Mostly A's** – Self-regulation is a challenge for you, but that's okay! Learning new strategies can help you manage emotions and stay in control.

★ **Mostly B's** – You're working on self-regulation, and with practice, you can strengthen your skills even more!

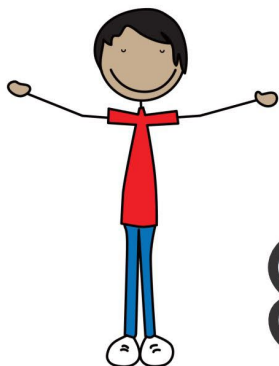
★ **Mostly C's** – Great job! You use helpful strategies to stay calm, focused, and flexible. Keep it up!

★ **Mostly D's** – You're using a mix of strategies and problem-solving skills to self-regulate. Keep practicing and adjusting as you grow!

**Want more self-reflection questions and strategies?** 📖 The [Self-Regulation Workbook](#) has **120 quiz questions and 120 practical strategies** to help you build these skills every day!



Take  
Deep  
Breaths



Use  
Positive  
Self-Talk



Think  
Before  
You Act



Move  
Your Body



Take a Break  
When You  
Need One



Use a  
Calming  
Down Tool



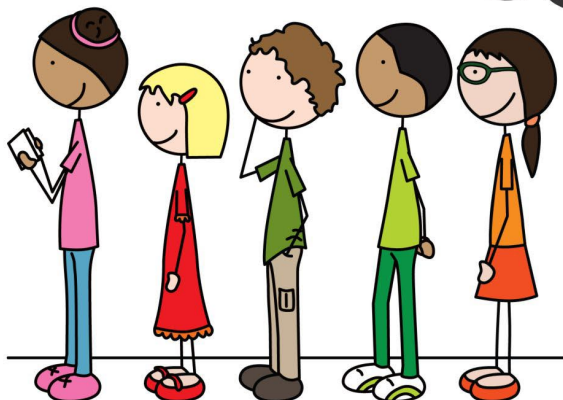
Find a  
Quiet Space  
When  
Overwhelmed



Name  
Your  
Emotion



Ask for Help  
When You  
Need It

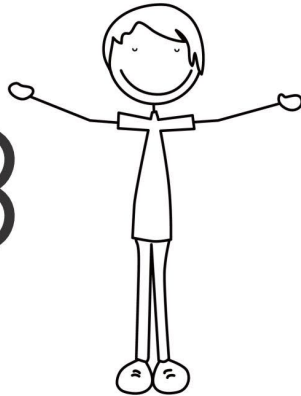


Follow a  
Routine

# 10

## Self-Regulation Strategies for Kids & Teens

Take  
Deep  
Breaths



Use  
Positive  
Self-Talk



Think  
Before  
You Act



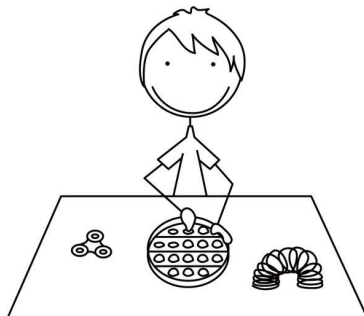
Move  
Your Body



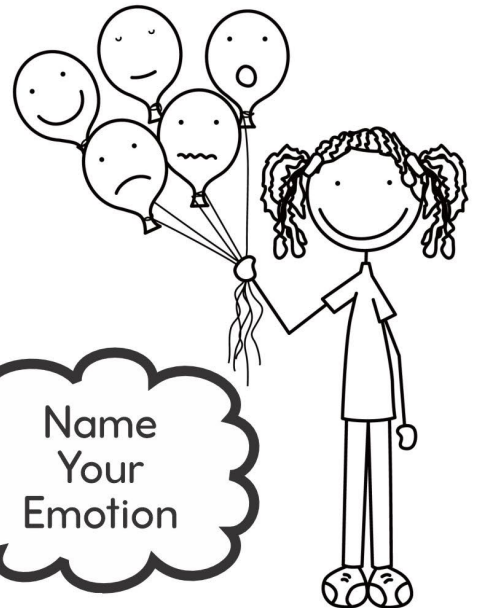
Take a Break  
When You  
Need One



Use a  
Calming  
Down Tool

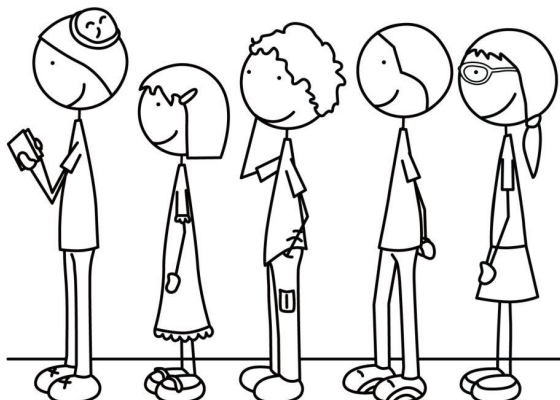


Find a  
Quiet Space  
When  
Overwhelmed



Name  
Your  
Emotion

Ask for Help  
When You  
Need It



Follow a  
Routine