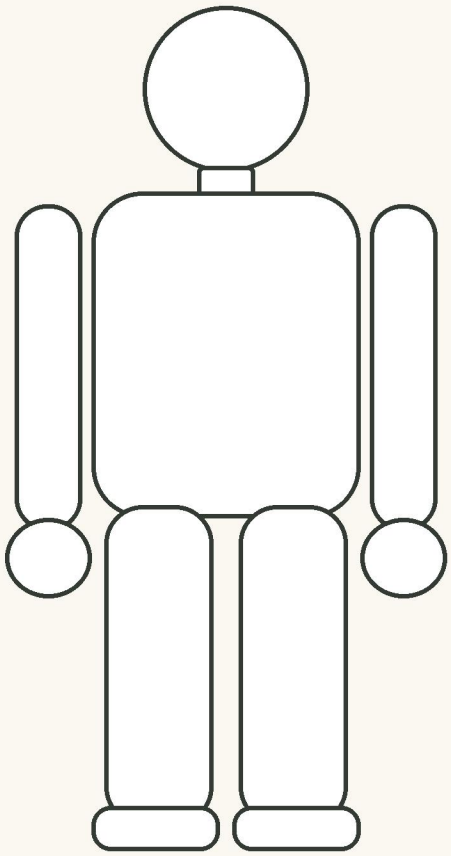
My Feelings Signals

Big feelings send signals in my body. Color where I feel them.

Name: _____ Date: _____



My color key

- Mad
- Worried
- Sad
- Excited
- My own: _____

My body clues (check all I notice)

- ☐ Hot or red face
- ☐ Fast heartbeat
- ☐ Tight fists
- ☐ Butterflies or tummy ache
- ☐ Tight shoulders
- ☐ Clenched jaw
- ☐ Fast breathing
- ☐ Tears or a wobbly voice
- ☐ Want to run or hide
- ☐ Loud voice
- ☐ Shaky hands
- ☐ Feeling frozen

Other: _____

My FIRST clue is: _____

My feelings scale

What it feels like for me, and what helps at this level

1 — Calm and ready

Feels like: _____ Helps: _____

2 — A little bothered

Feels like: _____ Helps: _____

3 — Getting bigger

Feels like: _____ Helps: _____

4 — Very big

Feels like: _____ Helps: _____

5 — Too big, I need help

Feels like: _____ Helps: _____

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Stop, Notice, Choose

My plan for when a big feeling shows up. Feelings are okay. I choose what I do next.

1 STOP

Pause before I act. Hands still, feet on the floor, one slow breath out.



- [ ] I stopped my body
- [ ] I let one slow breath out
- [ ] I moved away from the problem

2 NOTICE

Name it to understand it. Check my body and my number.



I feel _____ It is a _____ out of 5

My body clue is _____

It started when _____

3 CHOOSE

Pick one strategy that fits my number. Check the ones that work for me.



Calm my body

- [ ] 5 slow breaths, long breath out
- [ ] Squeeze and let go
- [ ] Sip of cold water
- [ ] Count slowly to 20

Move my body

- [ ] Wall push ups
- [ ] Take a walk or get a drink
- [ ] Shake it out for 30 seconds
- [ ] Stretch up tall

Shift my thinking

- [ ] Big, medium or small problem?
- [ ] Say: this feeling will pass
- [ ] Think of another reason why
- [ ] Picture my calm place

Connect and ask

- [ ] Ask a grown up for help
- [ ] Hug, high five or sit close
- [ ] Go to my calm spot
- [ ] Use words: I need...

After: did it work?

Now my number is _____ out of 5.

If it is still big, next I will try _____

My grown up helper is _____

My top 3 go-to strategies: 1. _____

2. _____

3. _____

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My Regulation Tracker

Each day, write one big feeling, what I chose, and my number before and after.

Week of: _____

	Big feeling and what happened	Before	What I chose	After
Mon		1 2 3 4 5		1 2 3 4 5
Tue		1 2 3 4 5		1 2 3 4 5
Wed		1 2 3 4 5		1 2 3 4 5
Thu		1 2 3 4 5		1 2 3 4 5
Fri		1 2 3 4 5		1 2 3 4 5
Sat		1 2 3 4 5		1 2 3 4 5
Sun		1 2 3 4 5		1 2 3 4 5



End of week reflection

Circle the strategy that worked best. Talk it over with a grown up.

The strategy that helped me most this week:

A time I stopped and noticed before I acted:

A tricky moment, and what I could try next time:

One thing I want to practice when I am calm:

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