Name: _____

Self-Regulation Reflection

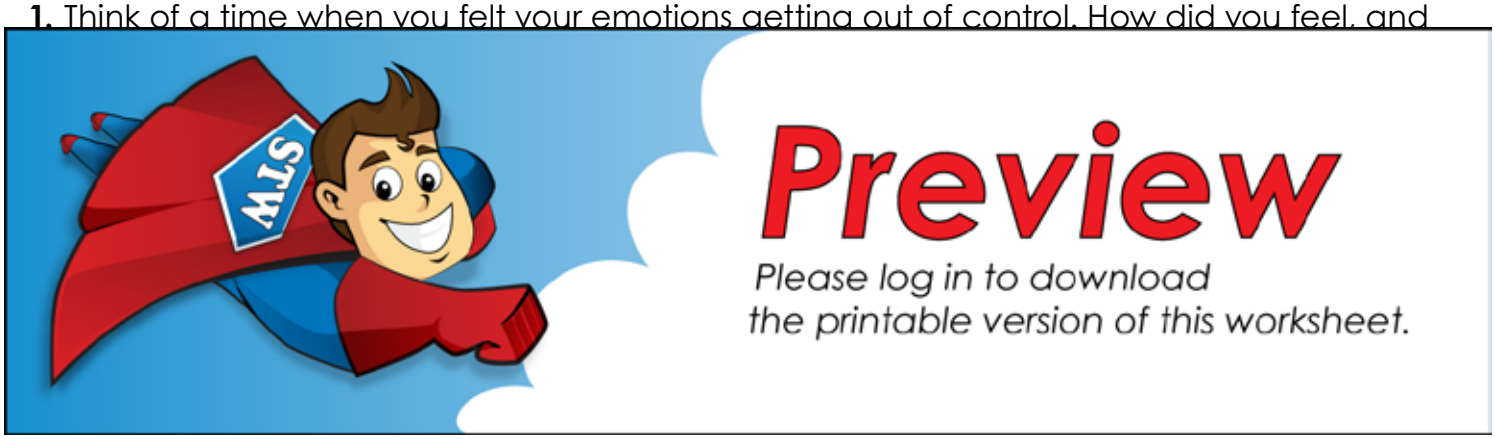
Have you ever felt like your emotions were out of control? Maybe you felt very angry, really frustrated, or even extremely excited.

Emotions aren't bad! They are actually very good. It is important to recognize your emotions and know how to control them in a positive way. This is called self-regulation.

Self-regulation is when you can stay calm, make good choices, and handle your emotions—even when things don't go your way.

Answer the questions below based on your own experience with your emotions.

1. Think of a time when you felt your emotions getting out of control. How did you feel, and



3. Has someone else (teacher, parent, friend, etc.) ever helped you self-regulate your emotions? What did they do to help you?

_____

_____

4. Have you ever helped someone else self-regulate their emotions? If so, how did you do this? If not, how could you help someone else self-regulate their emotions?

_____

_____

5. Why is self-regulation an important skill to have?

_____

_____

KK