

# EMOTIONAL REGULATION

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

What do you do when you feel sad but don't know why?

How can you help a friend who is feeling overwhelmed?

What was the last thing that upset you?

How do you feel when you talk about your feelings out loud?

If your feelings had a number from 1 to 10 where are you right now?

What is something that always cheers you up?

**FINISH**

What helps you feel better after a really hard day?

How do you know when someone is about to lose their temper?

How do you calm your body down when it feels out of control?

What do you do when someone hurts your feelings?

How do you know when you need a break?

What is the difference between nervous and excited?

How do you feel just before you do something brave?

What do you do when a feeling is too big to speak?

What feeling do you find hardest to control?

What does angry feel like in your body?

What makes you feel loved?

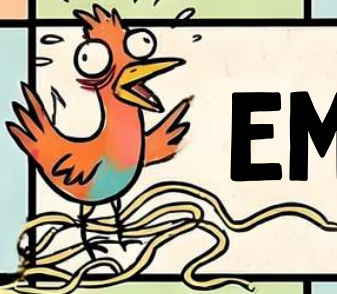
How do you know when a feeling is getting too big?

What colour would you give the feeling of being scared?

What do you do when you feel left out?

Who can you talk to about your feelings?

**START**



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