

Self Regulation

Triggers and Calming Tools

Self Regulation Strategies for _____ (name)



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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Before
explode
I
can...

FREEBIE

Self Regulation Strategies for _____ (name)



Circle some ideas to use.

Ask For help



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Take deep breaths



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Get a drink of water



Talk to someone



Think happy thoughts



These are some tools I can use.

