

Self Regulation Triggers and Calming Tools

Self Regulation Strategies For _____ (name)



Before
explodes
can...

FREEBIE

Circle some ideas to use.

Ask For help



Go For a walk



Take deep
breaths



Count to ten



Take a break



Get a drink of
water



Talk to someone



What to use?

Self Regulation Strategies For _____ (name)



Circle some ideas to use.

Ask For help



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breaths



Count to ten



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water



Talk to someone



Think happy
thoughts



These are some tools I can use.

Creative

