

FREE PRINTABLES FOR SELF-REGULATION

Use the emotional regulation printables to teach children about different levels of alertness. Reinforce self-regulation skills by also discussing strategies to return to the GREEN EMOTIONS to be ready to learn.

You can hang up the colored poster as a visual support. Use the black and white version to review the emotions. Children can color in the pictures based on the emotions.

Need more self-regulation resources? Check out these titles:

Emotional Regulation Bingo Game

www.yourtherapysource.com/product/zones-bingo-game-interactive-google-slides-powerpoint-and-pdf-versions/

Emotional Regulation Worksheets

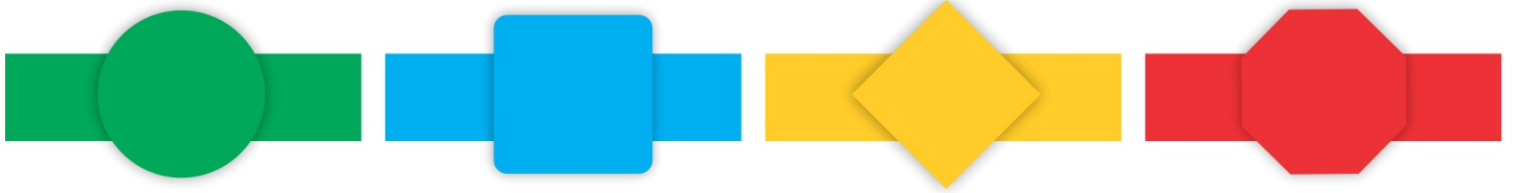
www.yourtherapysource.com/product/emotional-regulation-worksheets/

Self-Regulation Flashcards

www.yourtherapysource.com/product/adventure-skill-self-regulation-flash-cards/

Clip art created by www.teacherspayteachers.com/Store/Sarah-Pecorino-Illustration





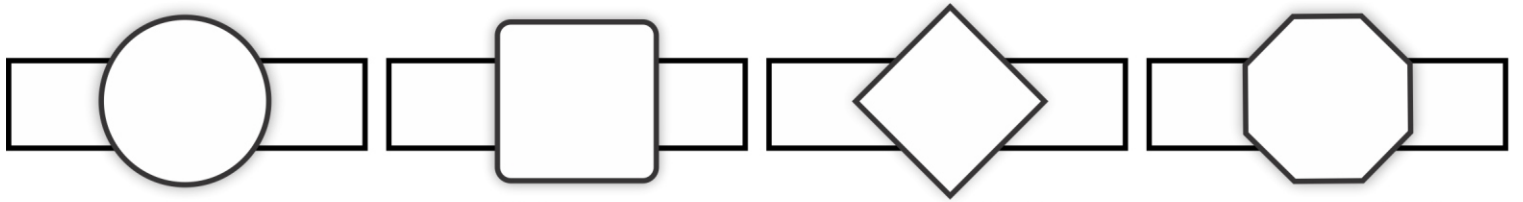
EMOTIONS

Calm	Happy	Focused	Ready to Learn	Content






Sad	Bored	Tired	Sick	Disappointed

Worried	Excited	Silly	Frustrated	Stressed






Mad	Upset/Loud	Scared	Angry	Out of Control



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