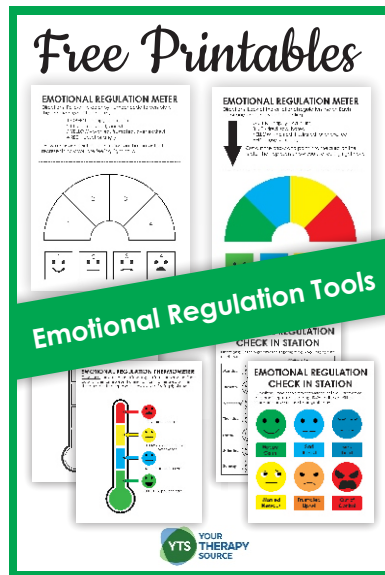


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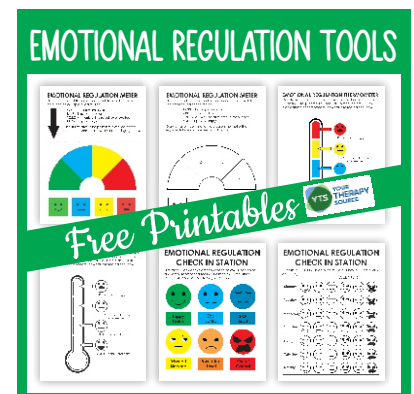
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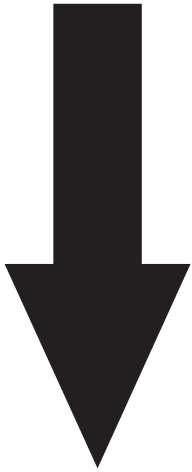
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EMOTIONAL REGULATION METER

Directions: Look at the emotional regulation meter. Each color and emoji represent a feeling:



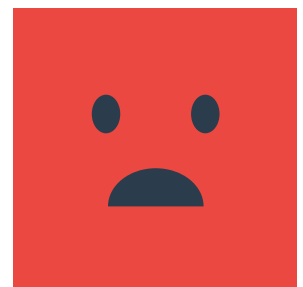
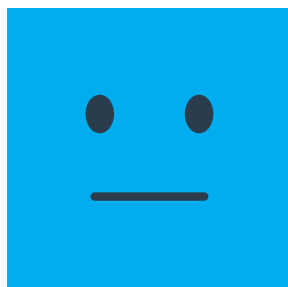
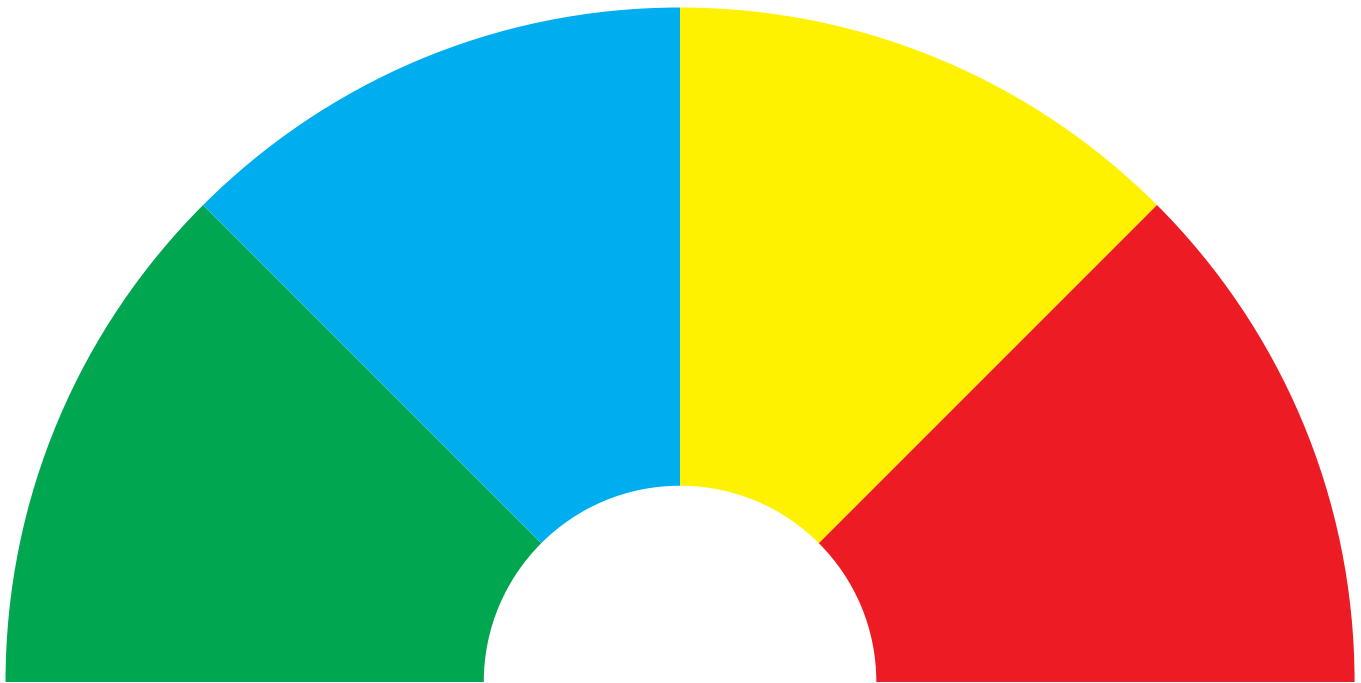
GREEN - happy and calm

BLUE - tired, sad, bored

YELLOW - worried, frustrated, over excited

RED - upset or angry

Cut out the arrow and point it to the area on the meter that represents how you are feeling right now.

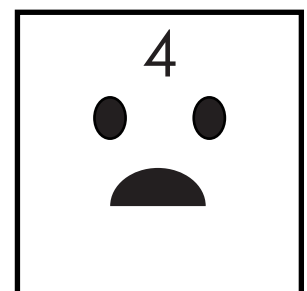
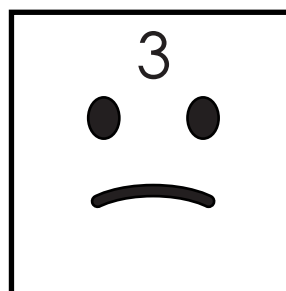
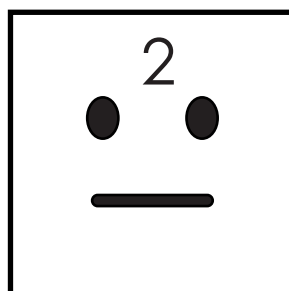
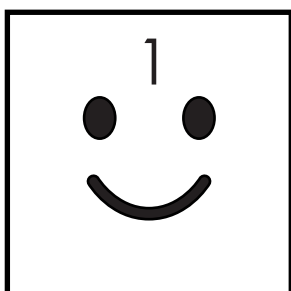
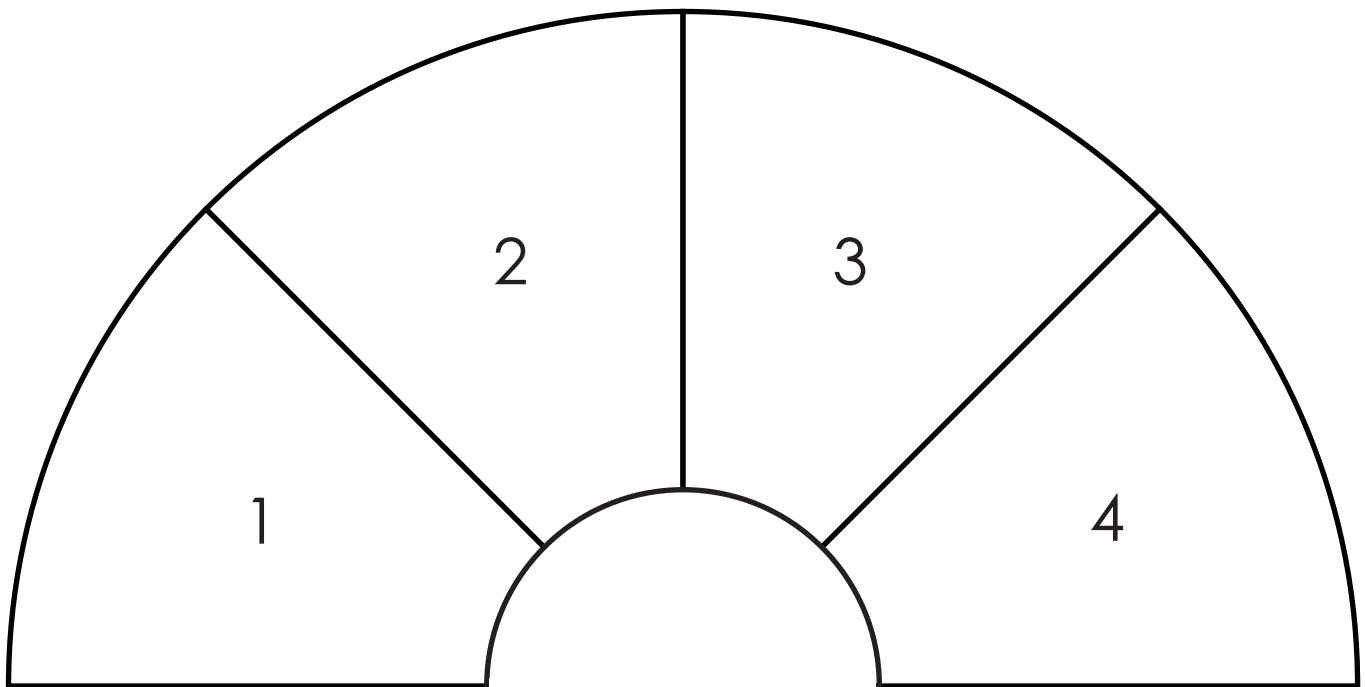


EMOTIONAL REGULATION METER

Directions: Follow the color by number code to complete the emotion regulation meter.

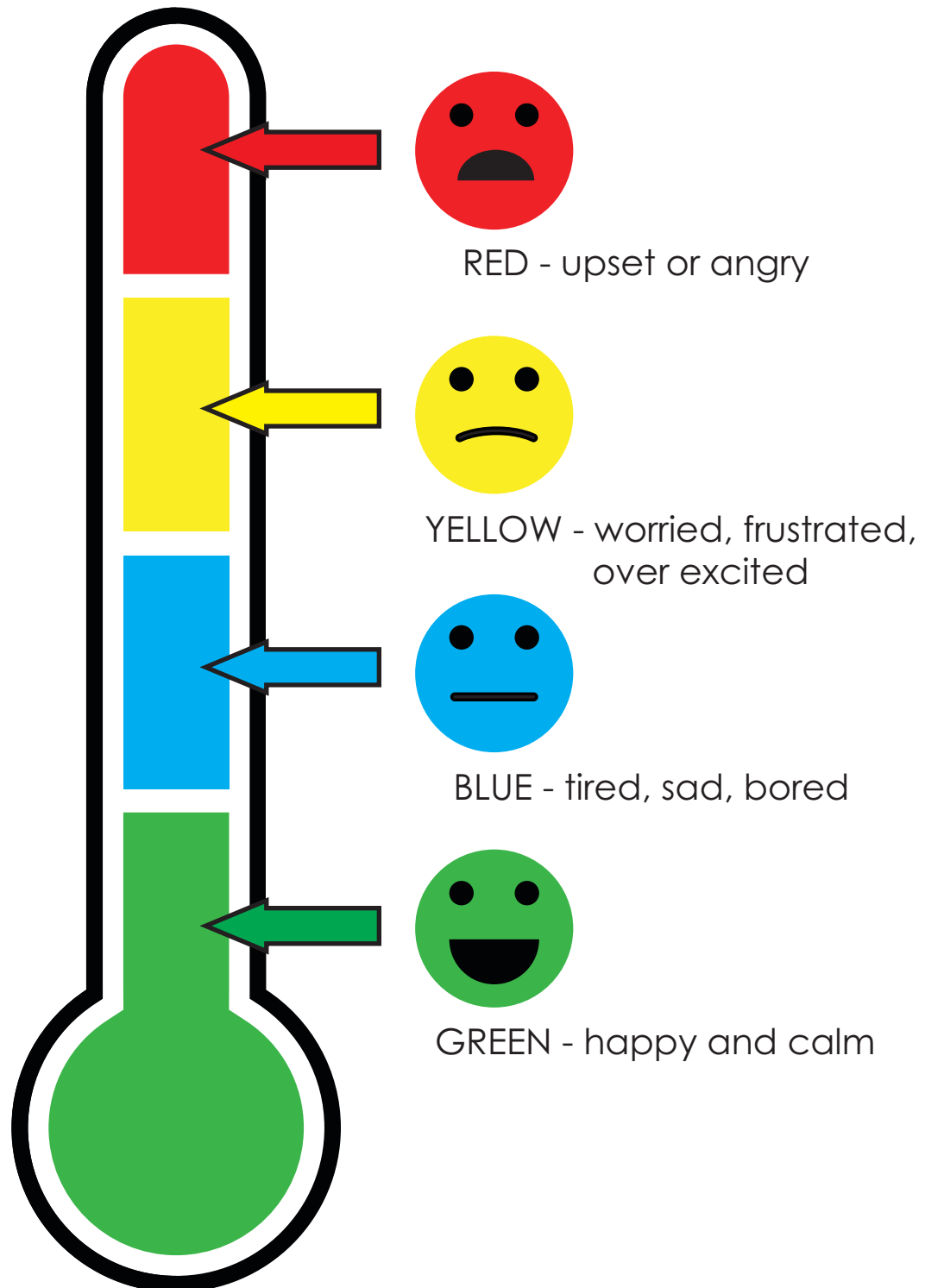
- 1 GREEN - happy and calm
- 2 BLUE - tired, sad, bored
- 3 YELLOW - worried, frustrated, over excited
- 4 RED - upset or angry

Draw an arrow pointing to the area on the meter that represents how you are feeling right now.



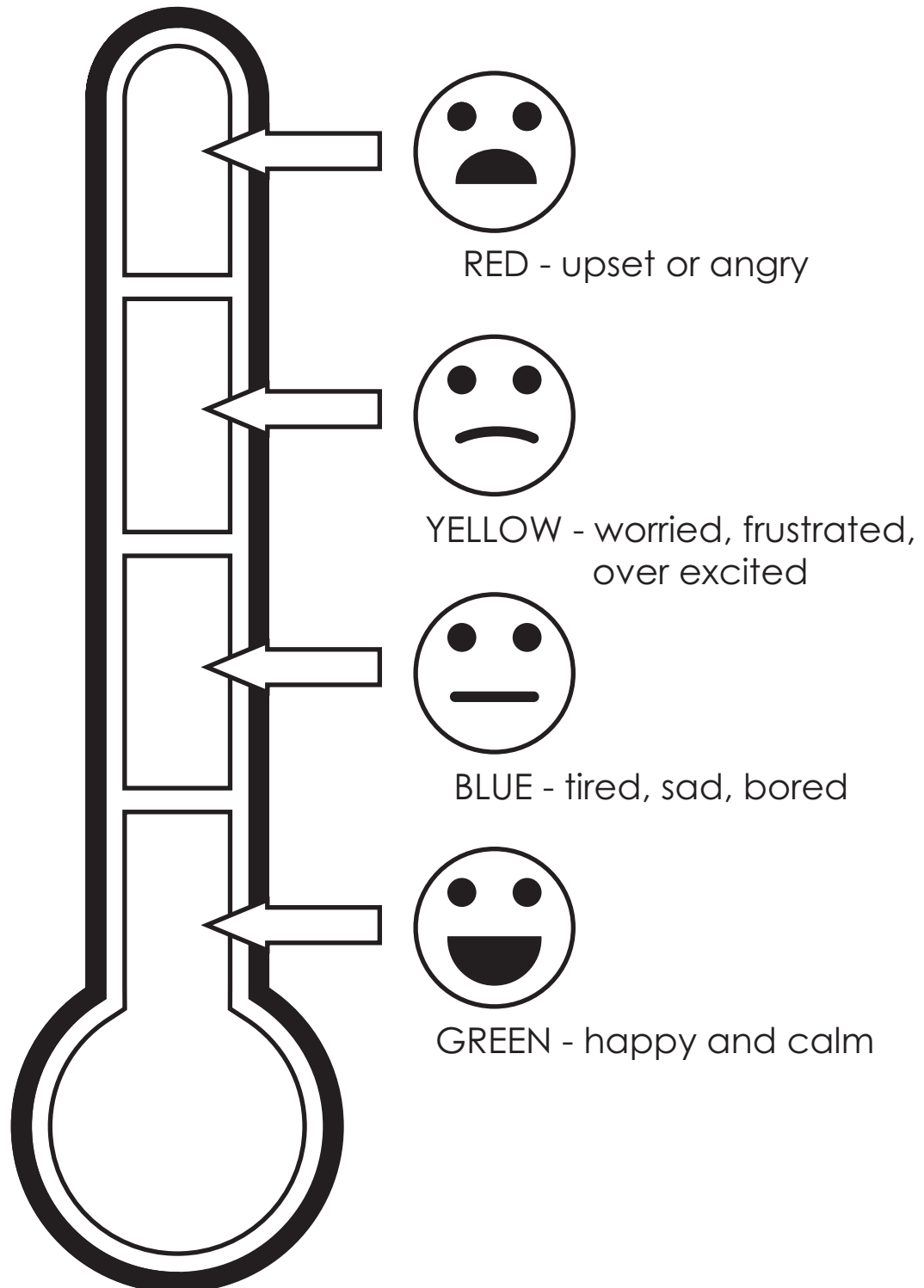
EMOTIONAL REGULATION THERMOMETER

Directions: Look at the emotional regulation thermometer. Each color and emoji represent a feeling. Point to the area on the thermometer that represents how you are feeling right now.



EMOTIONAL REGULATION THERMOMETER

Directions: Look at the emotional regulation thermometer. Each color and emoji represent a feeling. Color in the area on the thermometer that represents how you are feeling right now.

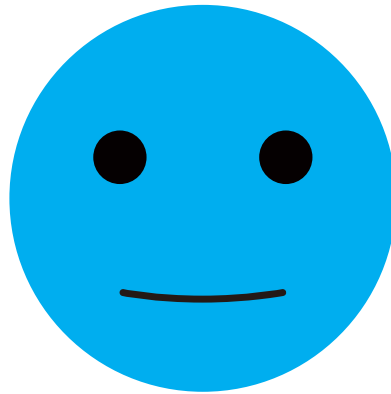


EMOTIONAL REGULATION CHECK IN STATION

Directions: Look at the emotion faces below. Each color and emoji represent a feeling. Point to the emoji that represents how you are feeling right now.



**Happy
Calm**



**Sad
Bored**



**Sick
Tired**



**Worried
Nervous**



**Frustrated
Upset**




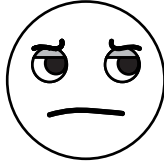





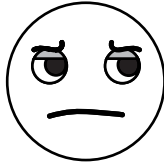





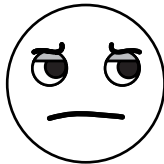





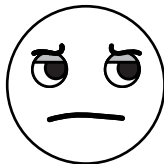




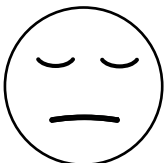
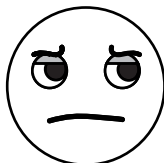





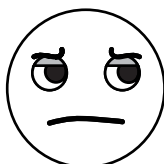




**Out of
Control**

EMOTIONAL REGULATION CHECK IN STATION

Directions: Color in an emoji to represent how you are feeling each day.

WEEK OF:

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday	