

Managing Emotions & Behaviors

Youth & Children will...

1. Learn regulation strategies to deal with stress and anxiety
2. Differentiate the zones of regulation
3. Learn to organize their thoughts and feelings for a positive outcome
4. Engage in activities that will promote all 8 senses and understand how their senses can help them regulate their emotions

In Today's Class We

We watched *Turning Red* to describe Mei's emotions and how she manages her bigger emotions, and her different coping skills. Then, in our resilience handbooks described the differences in the zones of regulation.

Activities To Do at Home

- Add a "family meditation time" to your schedule
- Create an Emotion Wheel
- Read "Color Monster"

Self Regulation Tools

<https://www.brendacrory.com/tbri-tips/tbri-tip-3-self-regulation-tools>

