

Emotion Regulation Toolkit - Fun Exercises to Manage Big Emotions

Worksheet: My Emotion Superpower Kit

1. Mood Matching Game:

- Draw an emoji that matches how you feel right now.
- Think of a color that represents your mood and color a small square with it.
- Write a word that describes your feeling (e.g., "excited," "worried," "calm").



2. My Emotion Toolbox:

- Draw a "toolbox" and fill it with pictures or words that help you when you feel big emotions. (Examples: deep breathing, hugging a pet, listening to music, dancing.)



3. Cool-Down Challenge:

- Try different ways to calm down when feeling overwhelmed and check them off:

4. Secret Code for Asking for Help:

- Choose a fun phrase or hand signal that you can use to tell a trusted adult when you need help managing big feelings. (Example: "Code Blue" means "I need a break!")

