

HOW DO YOU FEEL?

WHAT ARE YOU FEELING? HAPPY,
SAD, MAD?



NOTICE YOUR BODY

HOW DO YOU FEEL? DO YOU HAVE
BUTTERFLIES IN YOUR TUMMY? WHAT
IS YOUR BODY TELLING YOU?



Emotional Self- Regulation for Kids



PAUSE

TAKE A MOMENT TO PAUSE. TRY TO
THINK BEFORE REACTING.



DEEP BREATHING

DEEP BREATHING CAN HELP YOU CALM DOWN. BREATHE IN FOR 5
SECONDS, HOLD YOUR BREATH FOR 5 SECONDS, AND BREATHE OUT FOR 5
SECONDS. CAN YOU TAKE BIG BREATHS LIKE A DRAGON?

SELF-CARE

WHAT MAKES YOU HAPPY? PLAYING OUTSIDE, READING A BOOK?
TAKING CARE OF YOURSELF AND HAVING FUN IS IMPORTANT TO
STAYING HEALTHY!

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