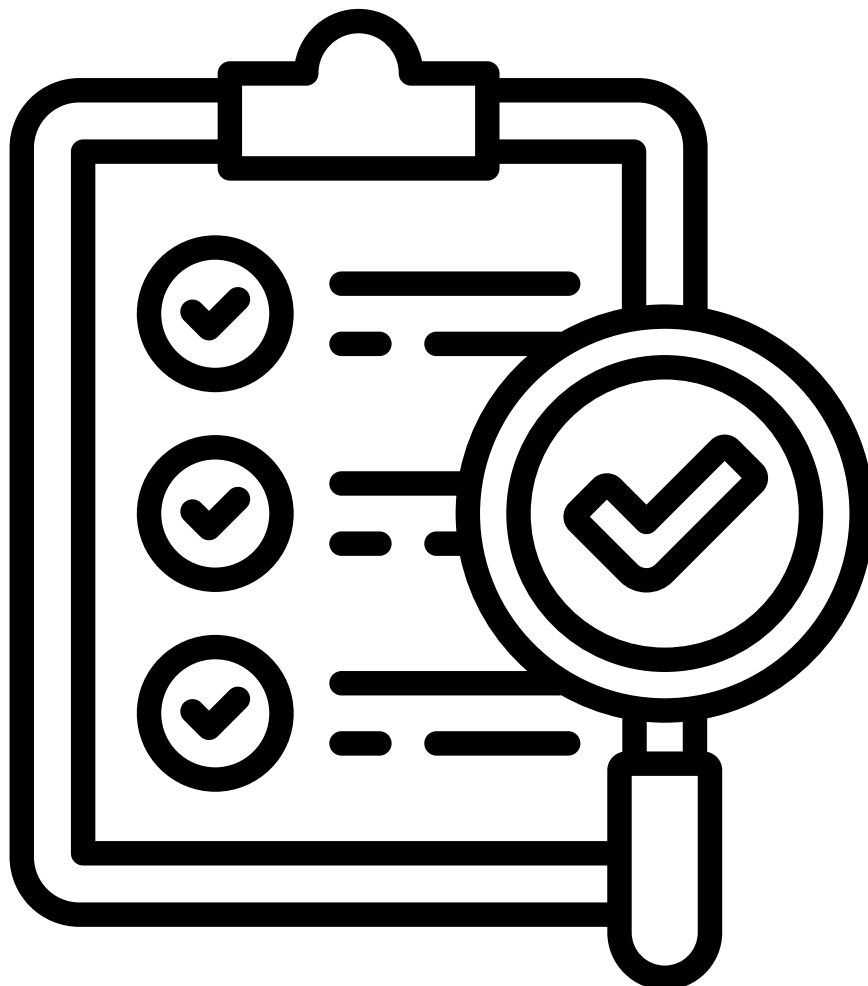


Building Self-Regulation Skills

A pupil workbook for recognising emotions, reflecting, calming down and resolving conflict

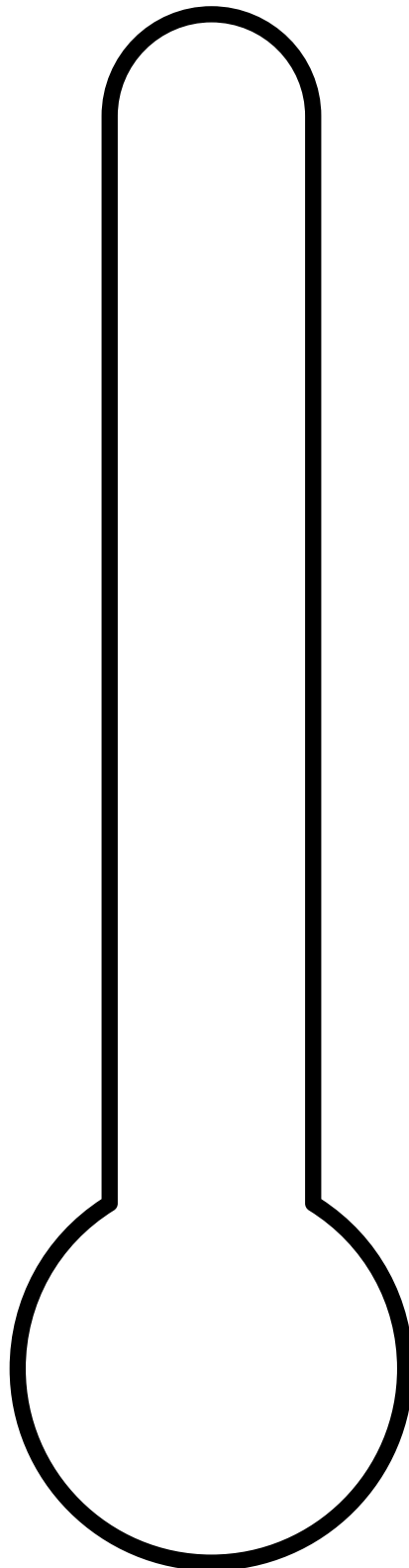
Six-page Anokha Learning self-regulation worksheet pack for primary school pupils, including an emotion thermometer, self-reflection activity, calm-down plan, conflict resolution comic strip and self-regulation toolbox.



Self-Regulation

Emotion Thermometer

- Look at the thermometer and think about your feelings, from calm at the bottom to very upset at the top.
- Put a tick on the thermometer to show how you felt at different times during the day.
- Think about why you felt that way and what helped or could help you feel calmer.

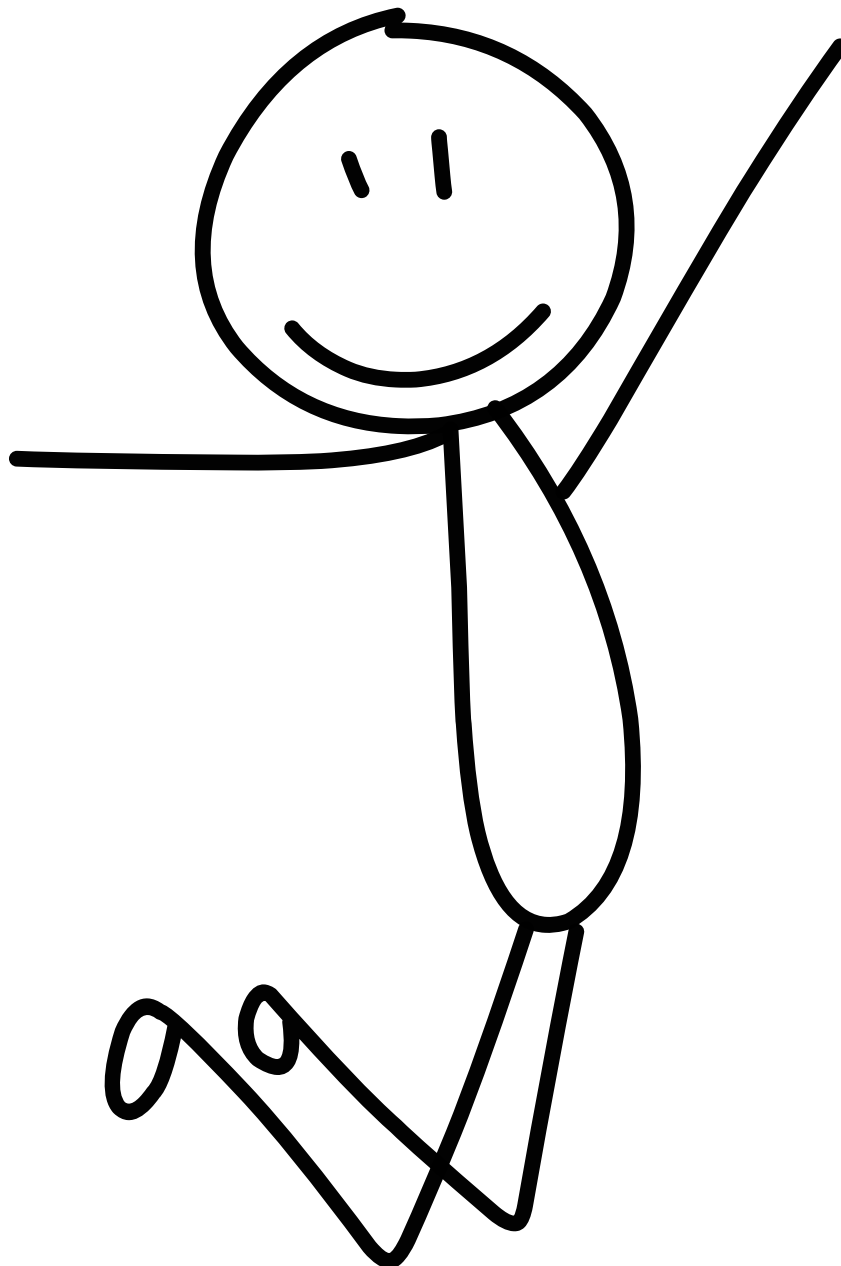


Self-Reflection

Understanding your emotions and what can trigger them is an important part of learning how to manage your feelings.

Take a moment to write or draw your answers:

- What makes me feel happy?
- What makes me feel upset?



Calm Down Plan

Think about what happens when you start to feel overwhelmed, upset or frustrated. Use this plan to help you recognise what is happening and choose something that may help you feel calmer.

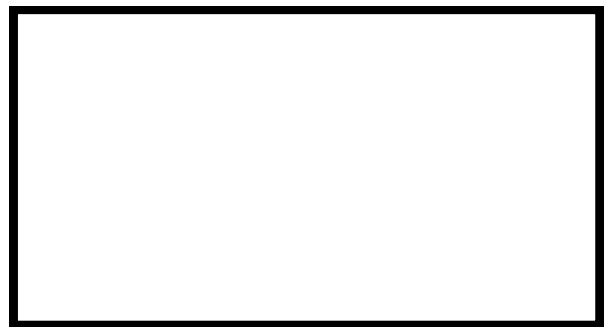
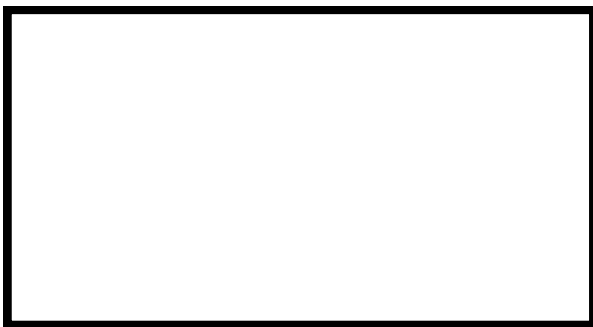
- What happened?
- How did I feel?
- What can I do to help myself calm down?
- What helped me feel better?

Trigger

Plan

Conflict Resolution Comic Strip

Write or draw a story where two characters have a disagreement or problem. Show how they notice their feelings, calm themselves, and solve the problem peacefully.



Toolbox

- Draw or write the tools and strategies that help you manage your emotions. These might include deep breathing, counting to ten, taking a break, or talking to a trusted person.
- What helps me feel calm?
- What can I do when I feel upset, worried or angry?
- Who can help me if I need support?
- You can decorate your toolbox using your favourite colours.

