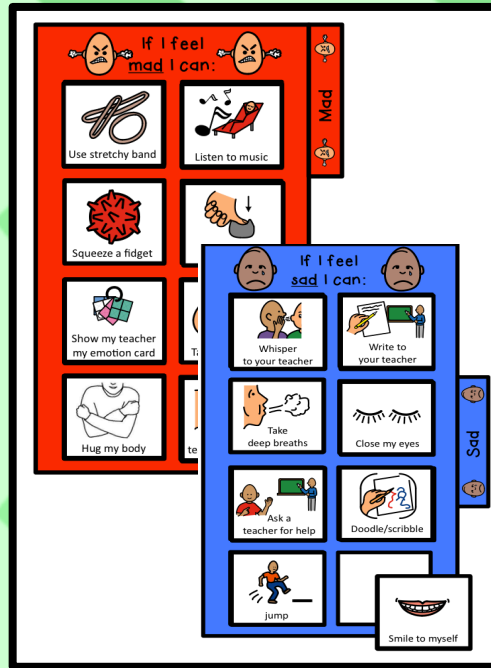


Portable emotion self regulation strategy cards



Contents

-Directions

-2x cover page

-36 8 square emotion cards
(full color and low ink)

-2x cover pages

-36 6 square emotion cards
(full color and low ink)

-2x cover pages

-36 4 square emotion cards
(full color and low ink)

-18 customizable/lined
emotion cards

-5 pages of visual strategy
tiles

-1 page blank strategy tiles

The different emotion cards
are as follows:

-Mad

-Sad

-Confused

-Happy

-Lonely

-Disappointed

-Worried

-Silly

-Shy

-Scared

-Shocked

-Frustrated

-Jealous

-Tired

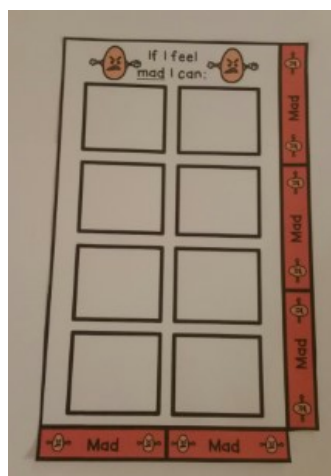
-Sick

-Embarrassed

-I get hurt

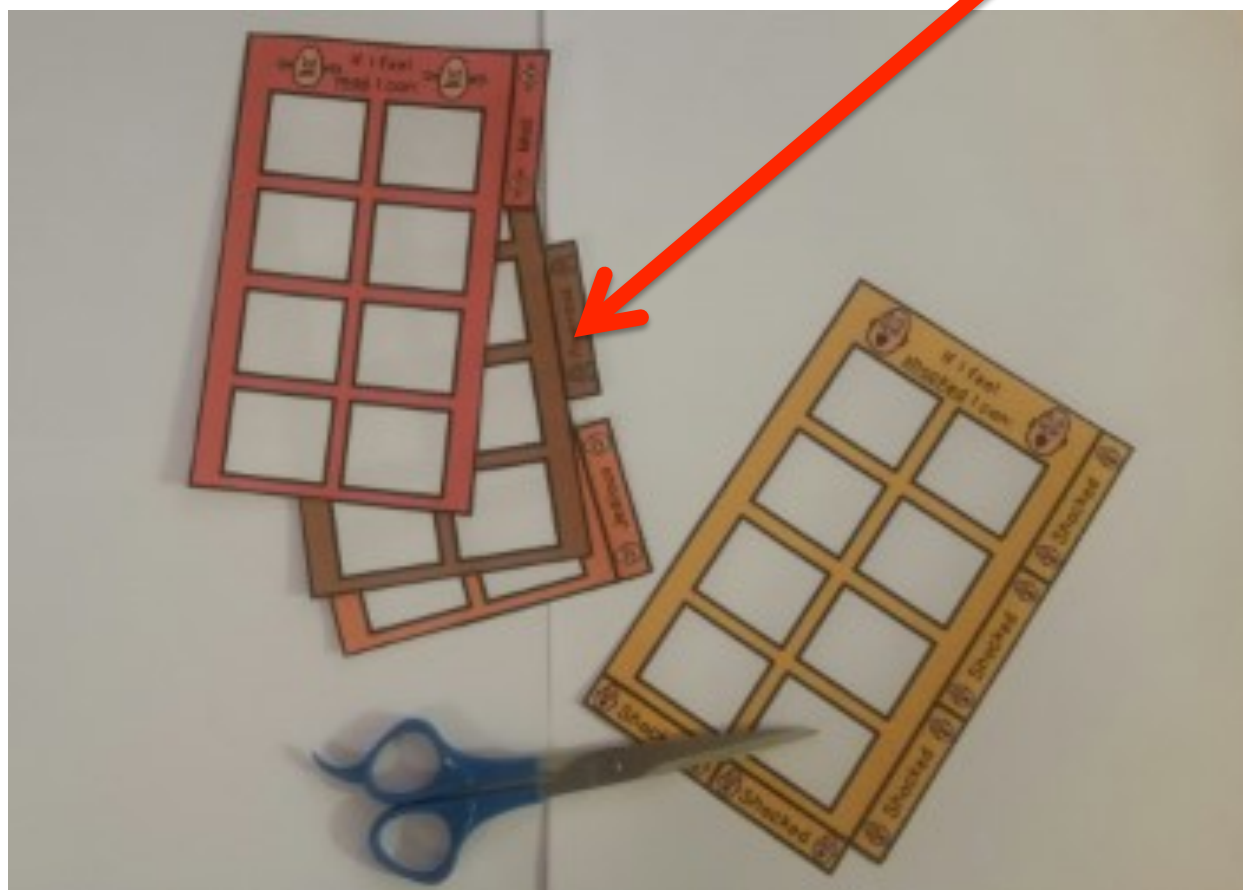
-I don't understand

Print out your chosen emotion cards in the desired size (8, 6 or 4 squares). It is not required to print out all 18 emotions cards for each student.



Directions

Laminate and cut out the appropriate tabs so that tabs on each card align in a 'downward step' pattern (this allows you to put the emotion cards in the order you wish).



Tabs are placed along the right and across the bottom of each card. Some students prefer the tabs to be utilized along one side only (such as along the right side only), though both sides are made available to accommodate for student preference.

Directions

Print out
'strategy
visual tiles'
lamine and
cut out.



Place hard velcro on the
white squares on each
emotion card.

Multiple copies of the same
strategy may be created,
as you may find that the
same strategy can be
effective for multiple
emotions for your student.

Place soft velcro of the
back of each strategy
visual tile.



Directions

Attach selected strategy tiles (that are appropriate for your student to engage in when they feel that particular emotion) to each emotion card. Student can use the tabs to navigate and find their strategies whenever they start to feel an identified emotion. Velcroed tiles allow the teacher or student to switch out or add strategies based upon effectiveness (or lack of effectiveness) and preference.



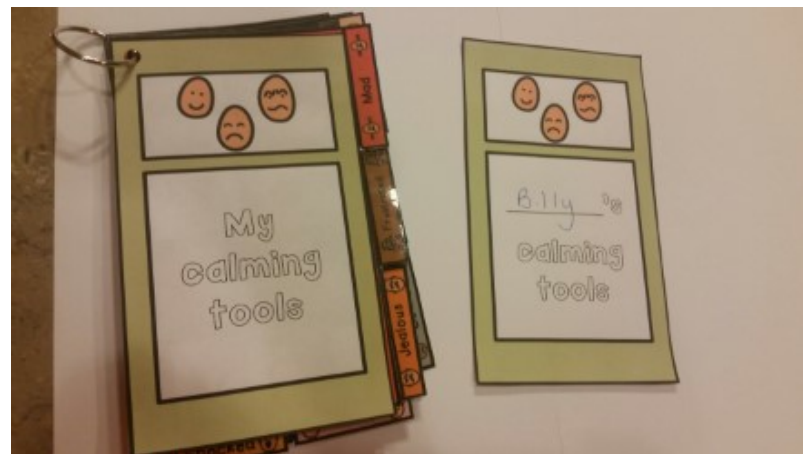
Alternatively, strategies can be cut and pasted on to the emotion cards (pre lamination) for a more permanent strategy guide

Directions

Emotion cards that can be written on to provide specific directions to students have also been included. These are useful for students who are fluent readers or who want a more discrete reference guide (especially students who are in upper elementary grades and above).



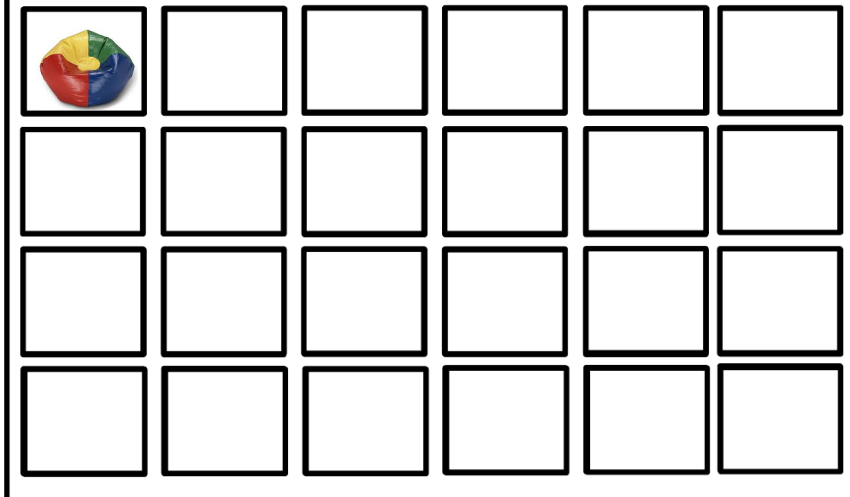
Optional front covers are also provided.

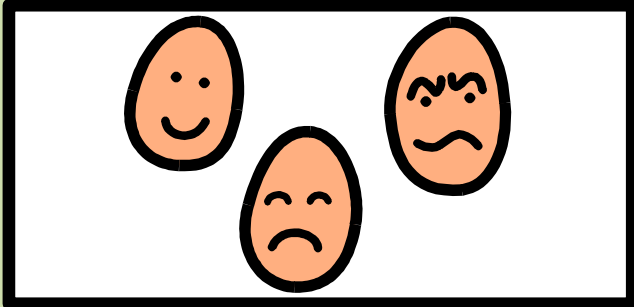


Directions

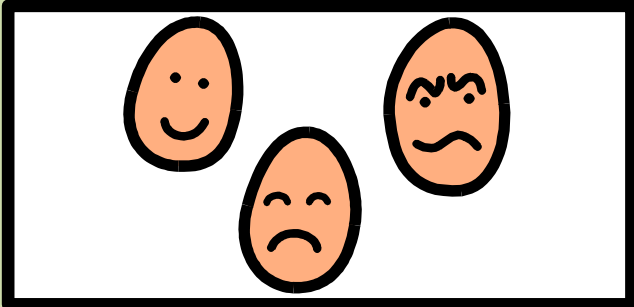
Blank tile/visual squares have also been provided. Images or alternate strategies or items/calming toys that are specific to the student can be printed, cut and pasted onto squares prior to lamination.

Blank tiles





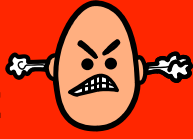
_____ 's
calming
tools



My
calming
tools



If I feel
mad I can:



Mad



Mad



Mad



Mad



Mad



If I feel
sad I can:



Sad



Sad



Sad

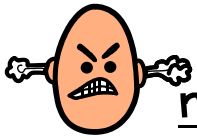


Sad

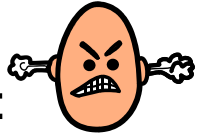


Sad





If I feel
mad I can:



Mad



Mad



Mad



Mad



Mad



If I feel
sad I can:



Sad



Sad



Sad










Sad









Sad







?  ? If I feel
confused I can:  ?



 Confused  Confused  Confused  Confused  Confused









 Confused  Confused  Confused  Confused

 If I feel
happy I can: 

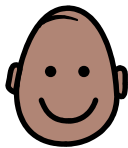

 Happy  Happy  Happy  Happy  Happy

 Happy  Happy  Happy  Happy





?  ? If I feel
confused I can:  ?

 Confused 
 Confused 
 Confused 
 Confused 

?  ? Confused?  ?
?  ? Confused?  ?

 If I feel
happy I can: 


 Happy
 Happy
 Happy
 Happy
 Happy

 Happy 
 Happy 



If I feel worried I can:



Worried



Worried



Worried



Worried



Worried



If I feel silly I can:



Silly



Silly



Silly

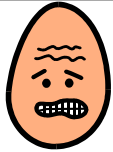


Silly

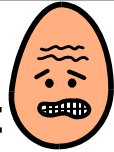


Silly





If I feel
worried I can:



Worried



Worried



Worried



Worried



Worried



If I feel
silly I can:



Silly



Silly



Silly



Silly



Silly





If I feel
shy I can:



Shy



Shy



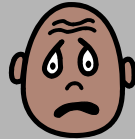
Shy



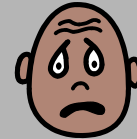
Shy



Shy



If I feel
scared I can:



Scared



Scared



Scared



Scared



Scared





If I feel
shy I can:



Shy



Shy



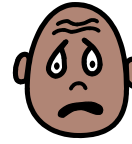
Shy



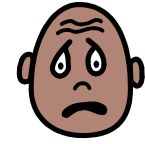
Shy



Shy



If I feel
scared I can:



Scared



Scared



Scared



Scared



Scared





If I feel jealous I can:



Jealous



Jealous



Jealous



Jealous



Jealous



If I feel tired I can:



Tired



Tired



Tired

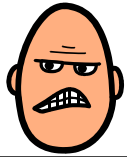


Tired

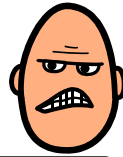


Tired





If I feel jealous I can:



Jealous



Jealous



Jealous



Jealous



Jealous



If I feel tired I can:



Tired



Tired



Tired



Tired



Tired



If I feel
lonely I can:



Lonely

Lonely

Lonely

Lonely

Lonely



If I feel
disappointed I can:



Disappointed

Disappointed

Disappointed

Disappointed

Disappointed

If I feel
lonely I can:



Lonely

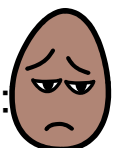
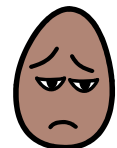
Lonely

Lonely

Lonely

Lonely

If I feel
disappointed I can:



Disappointed

Disappointed

Disappointed

Disappointed

Disappointed



If I feel shocked I can:



Shocked



Shocked



Shocked



Shocked



Shocked



If I feel frustrated I can:



Frustrated



Frustrated



Frustrated



Frustrated



Frustrated





If I feel shocked I can:



Shocked



Shocked



Shocked



Shocked



Shocked



If I feel frustrated I can:



Frustrated



Frustrated



Frustrated



Frustrated



Frustrated





If I feel sick I can:



Sick



Sick



Sick



Sick



Sick



If I feel embarrassed I can:



Embarrassed



Embarrassed



Embarrassed



Embarrassed



Embarrassed





If I feel
sick I can:



Sick



Sick



Sick



Sick



Sick



If I feel
embarrassed I can:



Embarrassed



Embarrassed



Embarrassed



Embarrassed



Embarrassed





If I get hurt I can:



I get hurt



I get hurt



I get hurt



I get hurt



I get hurt



If I don't understand I can:



I don't understand



I don't understand



I don't understand



I don't understand



I don't understand



If I get hurt, I can:



I get hurt



I get hurt



I get hurt



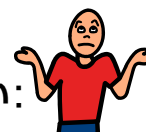
I get hurt



I get hurt



If I don't understand I can:



I don't understand



I don't understand



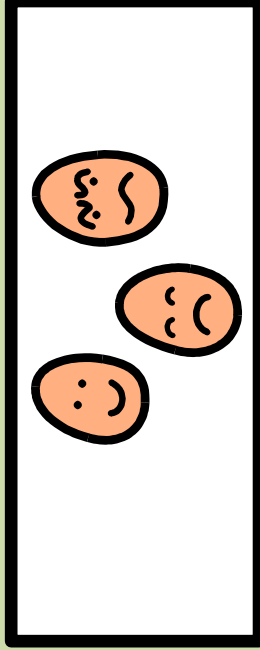
I don't understand



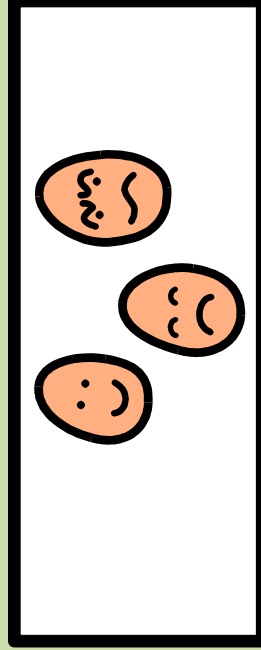
I don't understand



I don't understand



_____ 's
calming tools



My
calming tools

 If I feel mad I can:



Mad



Mad

Mad



Mad



Mad



Mad



If I feel sad I can:



Sad



Sad



Sad

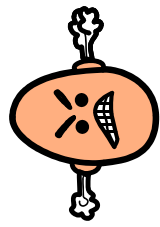


Sad



Sad



 If I feel mad I can:



Mad



Mad



Mad



Mad



Mad



Mad



If I feel sad I can:



Sad



Sad



Sad



Sad







Sad








Sad







 If I feel confused I can:


 Confused  Confused  Confused  Confused





 Confused  Confused  Confused  Confused  Confused





 If I feel happy I can:


 Happy  Happy  Happy  Happy





 Happy  Happy  Happy  Happy  Happy





 If I feel confused I can:

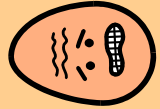
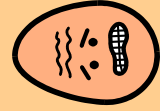
 Confused  Confused  Confused  Confused

 Confused  Confused  Confused  Confused

 If I feel happy I can:

 Happy  Happy  Happy  Happy

 Happy  Happy  Happy  Happy

 If I feel worried I can: 



Worried



Worried



Worried



Worried



Worried



If I feel silly I can:



Silly



Silly



Silly

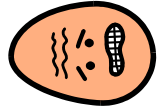
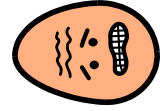


Silly



Silly



 If I feel worried I can: 



Worried



Worried



Worried



Worried



Worried



If I feel silly I can:



Silly



Silly



Silly



Silly



Silly





If I feel shy I can:



Shy



Shy



Shy



Shy



Shy



If I feel scared I can:



Scared



Scared



Scared



Scared



Scared



Scared





If I feel shy I can:



Shy



Shy



Shy



Shy



Shy



If I feel scared I can:



Scared



Scared



Scared



Scared



 If I feel jealous I can:



Jealous



Jealous



Jealous



Jealous



Jealous



Jealous



If I feel tired I can:



Tired



Tired



Tired



Tired

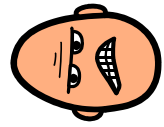


Tired



Tired





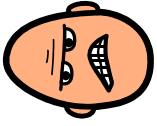
If I feel jealous I can:



Jealous



Jealous



Jealous



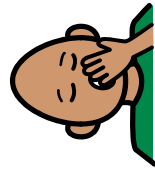
Jealous



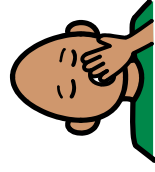
Jealous



Jealous



If I feel tired I can:



Tired



Tired



Tired



Tired



Tired



 If I feel lonely I can: 

Lonely



Lonely

Lonely



Lonely



If I feel disappointed I can:



Disappointed



Disappointed



Disappointed



Disappointed



Disappointed



 If I feel lonely I can: 

Lonely

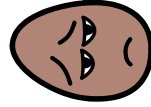


Lonely

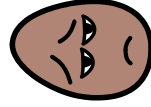
Lonely



Lonely



If I feel disappointed I can:



Disappointed



Disappointed



Disappointed



Disappointed



Disappointed



 If I feel shocked I can:



Shocked



Shocked



Shocked



Shocked



Shocked



If I feel frustrated I can:



Frustrated



Frustrated



Frustrated

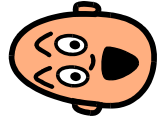


Frustrated



Frustrated



 If I feel shocked I can:



Shocked



Shocked



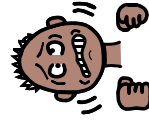
Shocked



Shocked



Shocked



If I feel frustrated I can:



Frustrated



Frustrated



Frustrated



Frustrated



Frustrated





If I feel sick I can:



Sick



Sick



Sick



Sick



Sick



If I feel embarrassed I can:



Embarrassed



Embarrassed



Embarrassed



Embarrassed



Embarrassed





If I feel sick I can:



Sick



Sick



Sick



Sick



Sick



If I feel embarrassed I can:



Embarrassed



Embarrassed



Embarrassed



Embarrassed



Embarrassed





If I get hurt I can:



I get hurt



I get hurt



I get hurt



I get hurt



I get hurt



If I don't understand I can:



I don't understand



I don't understand



I don't understand



I don't understand



I don't understand



If I get hurt I can:



I get hurt



I get hurt



I get hurt



I get hurt



I get hurt



If I don't understand I can:



I don't understand



I don't understand



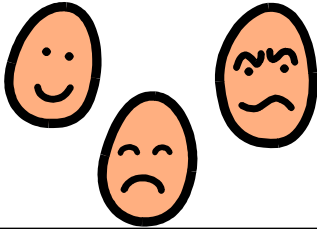
I don't understand



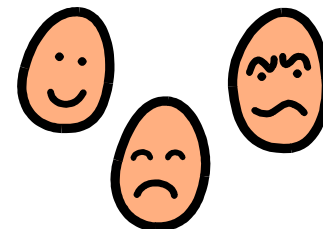
I don't understand



I don't understand



_____ 's
calming
tools



My calming
tools

If I feel mad I can:

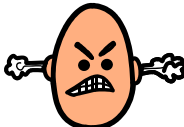
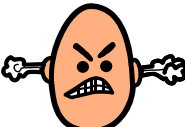
Mad Mad

Mad Mad

If I feel sad I can:

Sad Sad

Sad Sad

 If I feel
mad I can: 

--	--

--	--



Mad



Mad





Mad



Mad



 If I feel
sad I can: 

--	--

--	--



Sad



Sad









Sad









Sad











?  ? If I feel confused I can:  ?

?  ? Confused ?  ? ?  ? Confused ?  ?

?  ? Confused ?  ? Confused ?  ? Confused ?  ?

 If I feel happy I can: 

 Happy  Happy  Happy 

Happy  Happy  Happy  Happy 



If I feel confused I can:



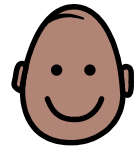
Confused



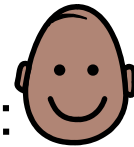
Confused



Confused Confused Confused Confused



If I feel happy I can:



Happy



Happy



Happy



Happy



If I feel lonely I can:

Lonely

Lonely

Lonely

Lonely

If I feel disappointed I can:

Disappointed

Disappointed

Disappointed

Disappointed

If I feel lonely I can:

Lonely

Lonely

Lonely

Lonely

If I feel disappointed I can:

Disappointed

Disappointed

Disappointed

Disappointed

If I feel worried I can:

Worried

Worried

Worried

Worried

Worried

Worried

If I feel silly I can:

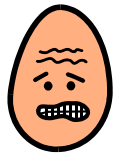
Silly

Silly

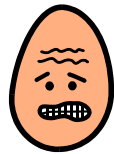
Silly

Silly

Silly



If I feel
worried I can:



Worried



Worried



Worried



Worried



If I feel
silly I can:



Silly



Silly



Silly



Silly



If I feel shy I can:

Shy

Shy

Shy Shy

If I feel scared I can:

Scared

Scared

Scared Scared



If I feel shy I can:



Shy



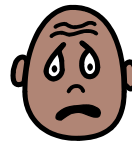
Shy



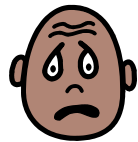
Shy



Shy



If I feel scared I can:



Scared



Scared



Scared



Scared



If I feel shocked I can:

Shocked

Shocked

Shocked

Shocked

Shocked

Shocked

If I feel frustrated I can:

Frustrated

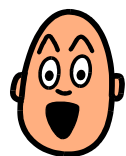
Frustrated

Frustrated

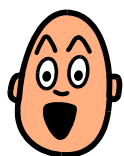
Frustrated

Frustrated

Frustrated



If I feel shocked I can:



Shocked



Shocked



Shocked



Shocked



If I feel frustrated I can:



Frustrated



Frustrated



Frustrated



Frustrated













If I feel jealous I can:

Jealous

Jealous

Jealous Jealous













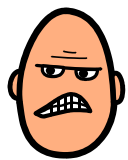
If I feel tired I can:

Tired

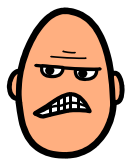
Tired

Tired Tired





If I feel jealous I can:



Jealous



Jealous



Jealous



Jealous



If I feel tired I can:



Tired



Tired



Tired



Tired



If I feel sick I can:

Sick Sick Sick Sick

Sick Sick Sick Sick

Sick Sick Sick Sick

Sick Sick Sick Sick

If I feel embarrassed I can:

Embarrassed Embarrassed Embarrassed Embarrassed

Embarrassed Embarrassed Embarrassed Embarrassed

Embarrassed Embarrassed Embarrassed Embarrassed

Embarrassed Embarrassed Embarrassed Embarrassed



If I feel sick I can:



Sick



Sick



Sick



Sick



If I feel embarrassed I can:



Embarrassed



Embarrassed



Embarrassed



Embarrassed





If I get hurt I can:



I get hurt



I get hurt



I get hurt



I get hurt



If I don't understand I can:



I don't understand

I don't understand



I don't understand



I don't understand



If I get hurt I can:



I get hurt



I get hurt



 I get hurt 

 I get hurt 





If I don't understand I can:

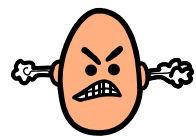


I don't understand

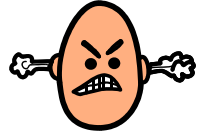
I don't understand

 I don't understand

 I don't understand



If I feel
mad I can:





Mad



Mad



Mad



Mad



If I feel
sad I can:



Sad



Sad



Sad



Sad





If I feel confused I can:



Five horizontal lines for writing.



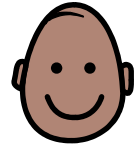
Confused



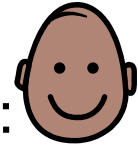
Confused



? Confused ? Confused ? Confused ?



If I feel happy I can:



Five horizontal lines for writing.



Happy

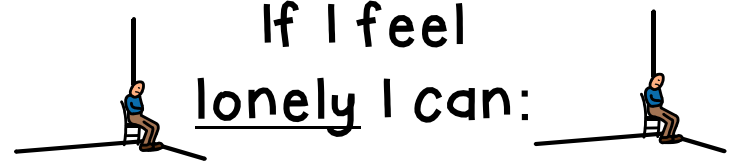


Happy



Happy Happy Happy

If I feel
lonely I can:

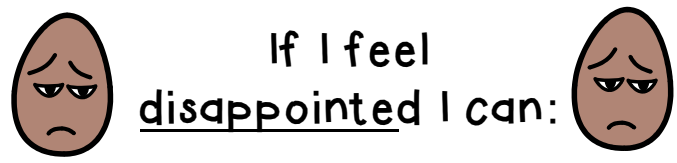


Lonely
Lonely
Lonely
Lonely

Four horizontal lines for writing.

Lonely Lonely Lonely

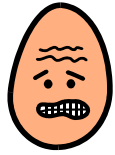
If I feel
disappointed I can:



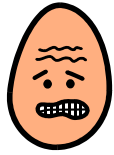
Disappointed
Disappointed
Disappointed
Disappointed

Four horizontal lines for writing.

Disappointed Disappointed Disappointed



If I feel
worried I can:





Worried



Worried



Worried



Worried



If I feel
silly I can:





Silly



Silly



Silly



Silly





If I feel shy I can:



Shy



Shy



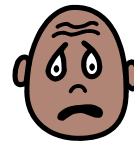
Handwriting practice lines for the word 'shy'.



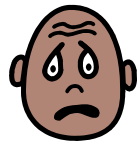
Shy



Shy



If I feel scared I can:



Scared



Scared



Handwriting practice lines for the word 'scared'.

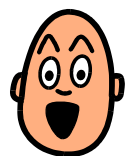


Scared



Scared





If I feel
shocked I can:





Shocked



Shocked



Shocked



Shocked



If I feel
frustrated I can:





Frustrated



Frustrated

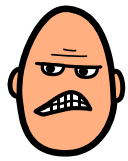


Frustrated

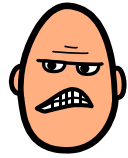


Frustrated





If I feel jealous I can:



Handwriting practice lines for the word 'jealous'.



Jealous



Jealous



Jealous



Jealous



If I feel tired I can:



Handwriting practice lines for the word 'tired'.



Tired



Tired



Tired



Tired





If I feel sick I can:



Sick



Sick



Sick



Sick



If I feel embarrassed I can:



Embarrassed



Embarrassed



Embarrassed



Embarrassed





If I get hurt I can:



Five horizontal lines for writing a response to the prompt.

I get hurt I get hurt I get hurt I get hurt

I get hurt I get hurt I get hurt I get hurt



If I don't understand I can:

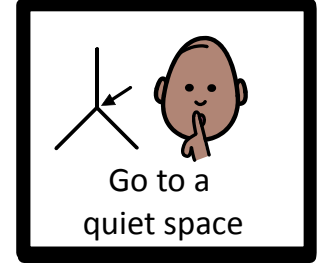
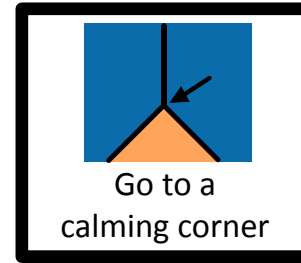
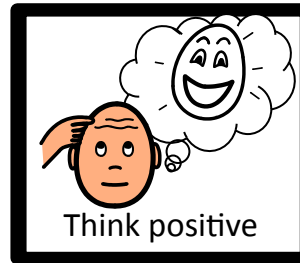
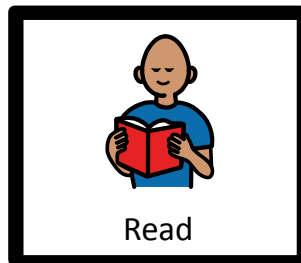
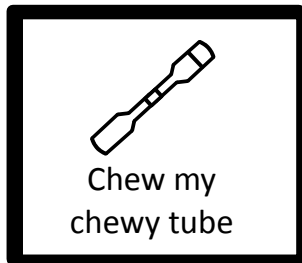
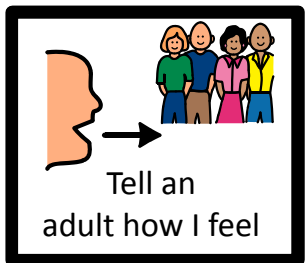
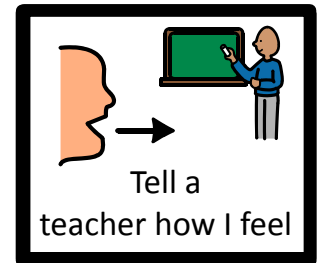
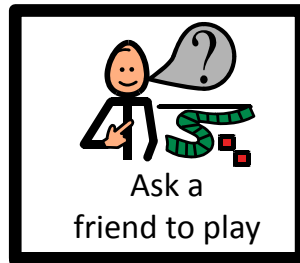
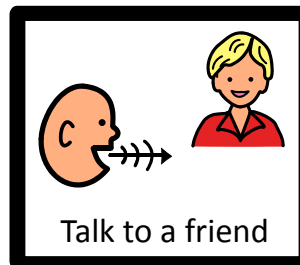
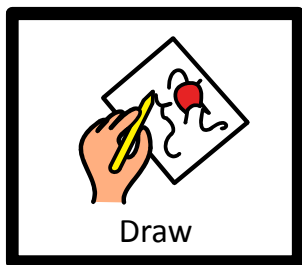
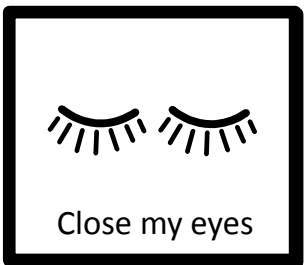
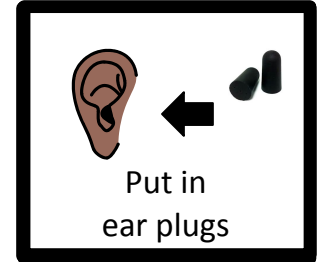
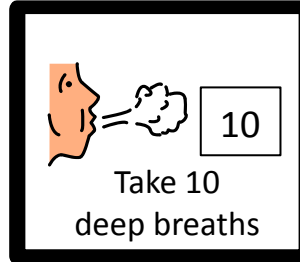
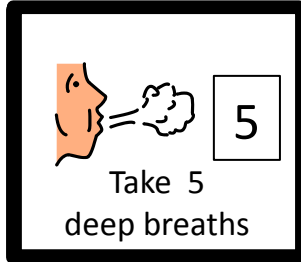
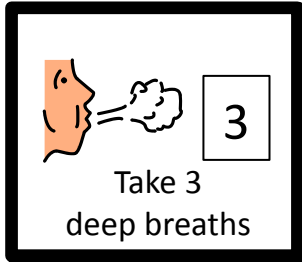
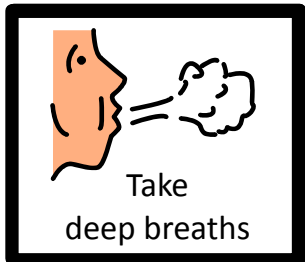


Five horizontal lines for writing a response to the prompt.

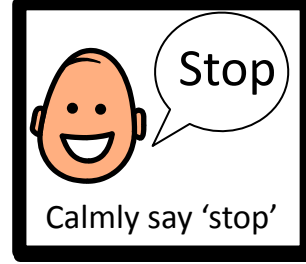
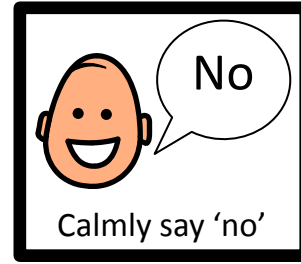
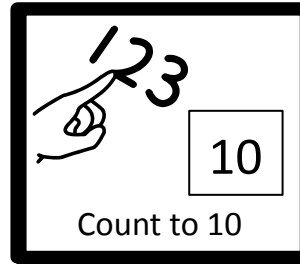
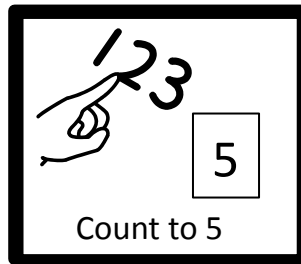
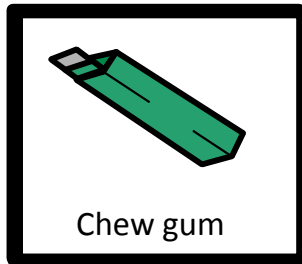
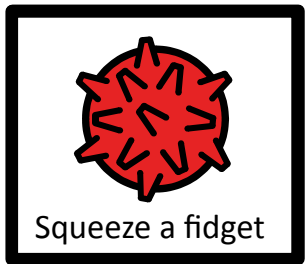
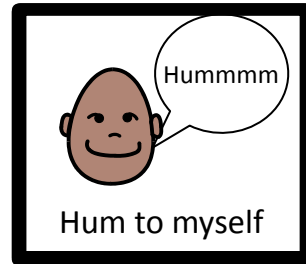
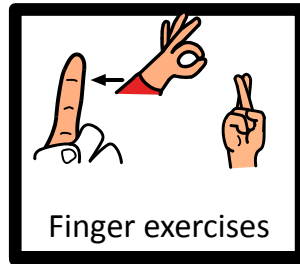
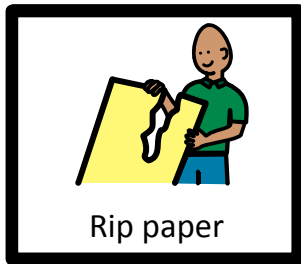
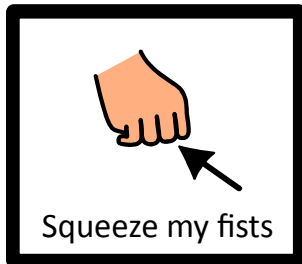
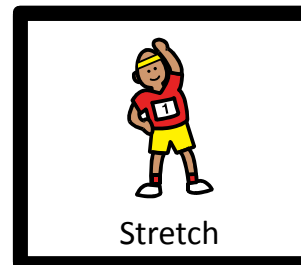
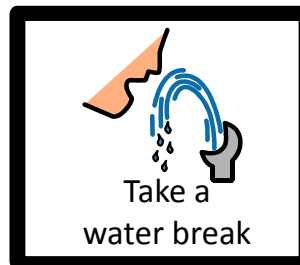
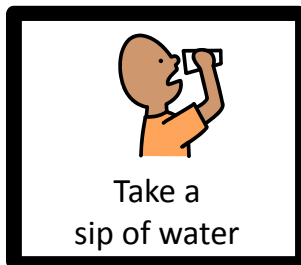
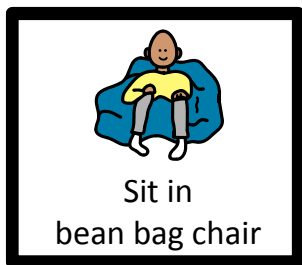
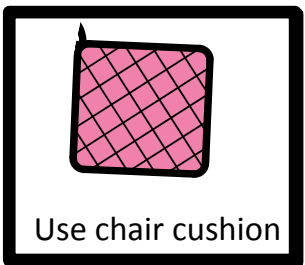
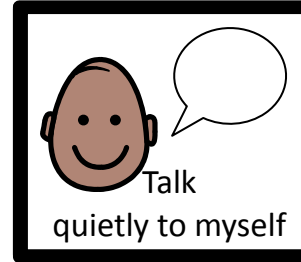
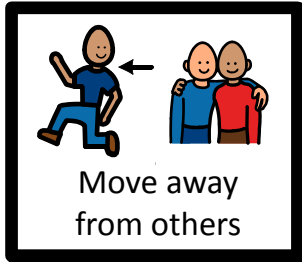
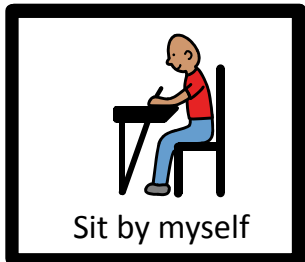
I don't understand I don't understand I don't understand I don't understand

I don't understand I don't understand

Visual strategy tiles



Visual strategy tiles

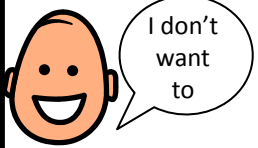


Visual strategy tiles




Leave me alone

Calmly say 'leave me alone'

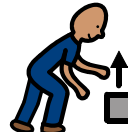


I don't want to


Calmly say 'I don't want to'



Do wall push ups



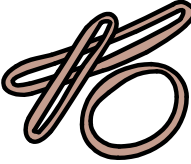
Lift something heavy



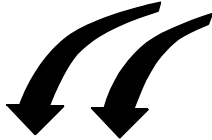
Have a snack




Listen to music




Use stretchy band




Try again



Put on pressure vest



Go to sensory room




Ask to run an errand




Have a lollipop



Watch a calm video



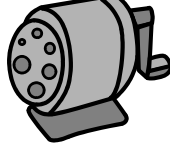
Use play doh



Crumple paper




Squeeze cotton balls



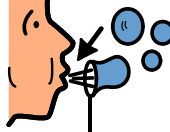
Sharpen pencil



Go to library



Swing



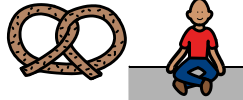
Blow bubbles




Get a sensory toy



Get a light toy

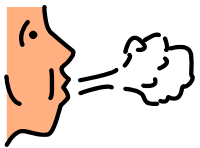


Make a pretzel body

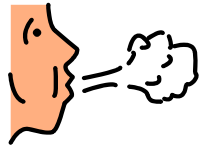


Drink through a straw

Visual strategy tiles



Take short breaths



Take long breaths



Look at my
5 point scale



Do jumping jacks



Type to
my teacher



Show my teacher
my emotion card



Ask to be excused



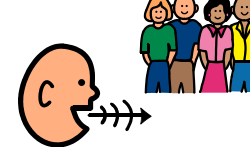
Think of
something funny



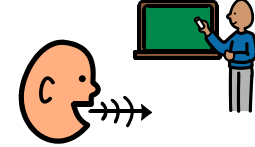
Tell
myself a joke



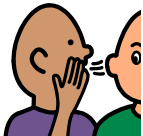
Watch
something funny



Talk to an adult



Talk to a teacher



Whisper
to your teacher



Write to
your teacher



Do a puzzle



Show my
'I need help' card



Walk away



Rest
head on table



Thumb press



Blow a balloon



Text my teacher



Sit on rug

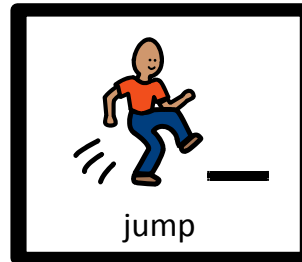
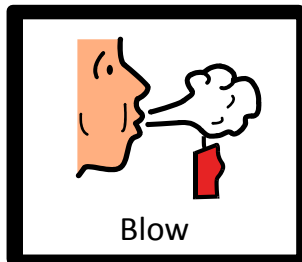
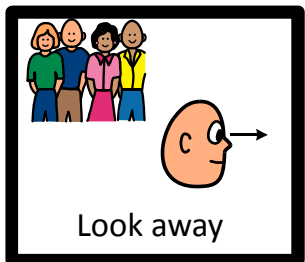
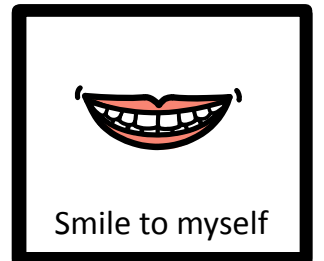
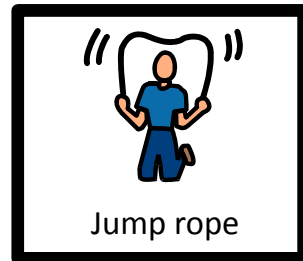
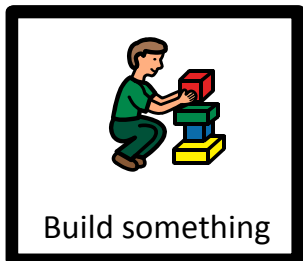
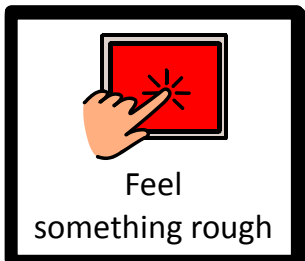
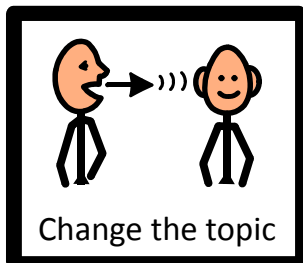
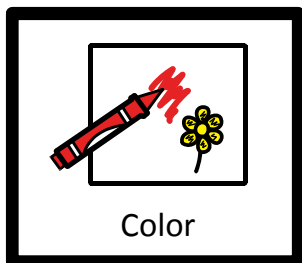
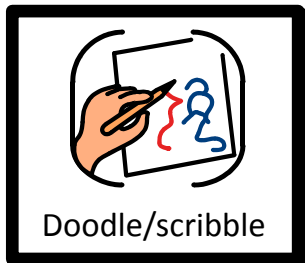
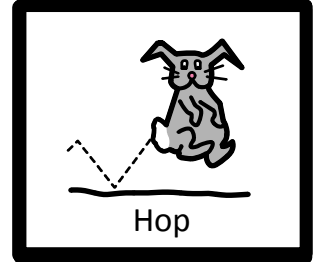
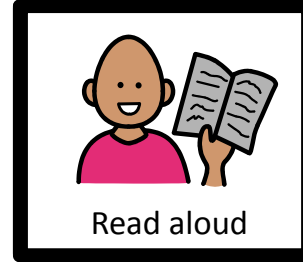
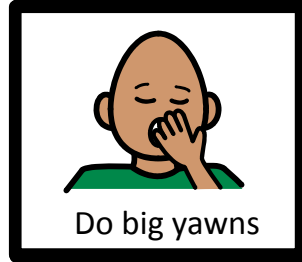
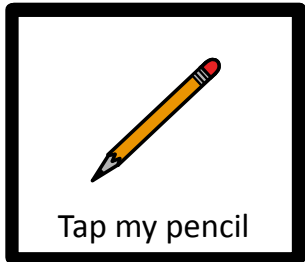


Do ankle twists

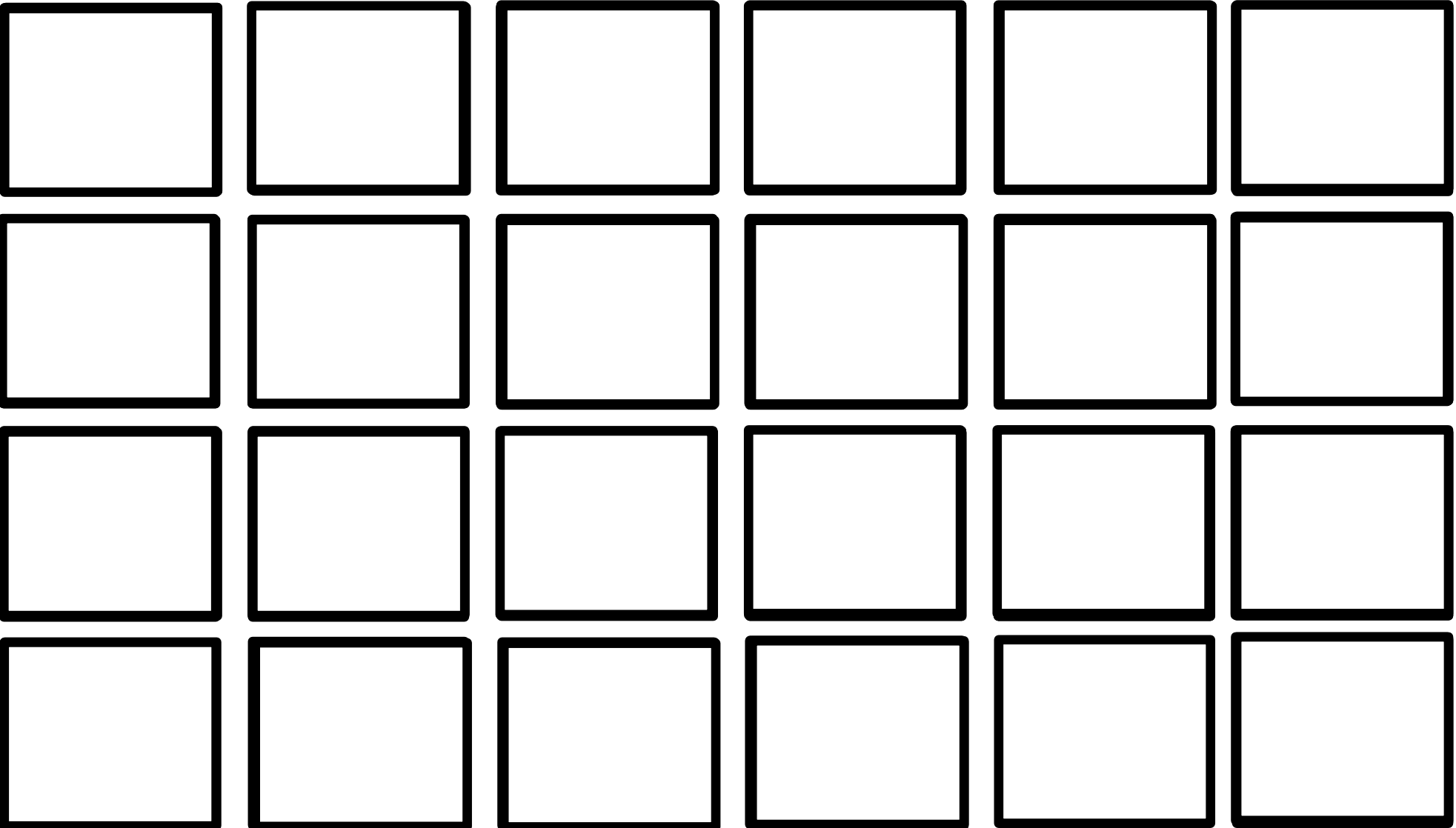


Tap my feet

Visual strategy tiles



Blank visual tiles



Credits

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