

SELF-CONTROL WORKSHEET TO FILL IN WITH STUDENTS

NAME:

1. I am feeling _____ (*emotion word*) right before I get in trouble. This feeling is the result of my body systems struggling.

2. What are your symptoms as you feel _____ (*your emotion word above*)?

- _____
- _____
- _____
- _____

3. What “triggers” in your life make you feel _____ (*your emotion word in #1*)?

- _____
- _____
- _____
- _____

4. My plan is:

- When my trigger/s is occurring or about to occur, I will do my mindful breathing exercise.
- I will also practice my mindful breathing 2 times everyday so I am ready to use it when my trigger occurs.
- My optional or alternative plan idea (if my mindful breathing isn't possible or doesn't work):

5. Learn and practice mindful breathing now with Counsellor Allyson.

Check when done: