

# I KNOW MY EMOTIONS!

TYPE IN THE EMOTIONS ACCORDING TO THE REGULATION ZONE TO WHICH THEY BELONG.



SAD



HAPPY



ANGRY



NERVOUS



UPSET



HURT



TIRED



EXCITED



CALM



PROUD



SURPRISED



CONFUSED



SILLY



YELLING

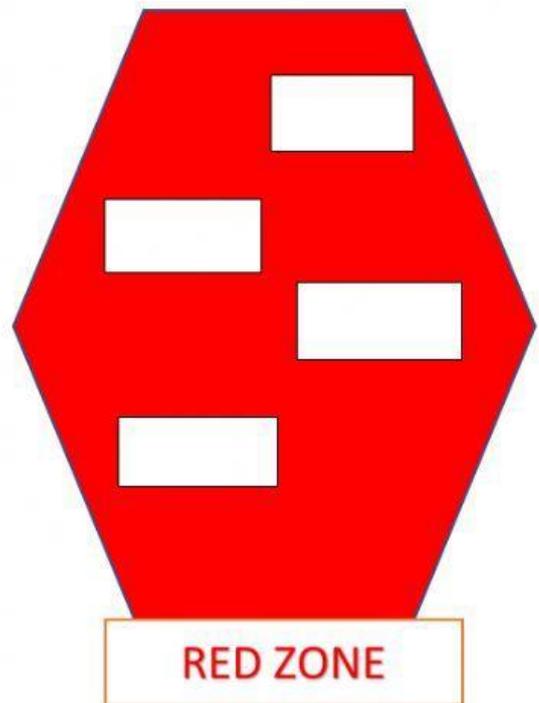
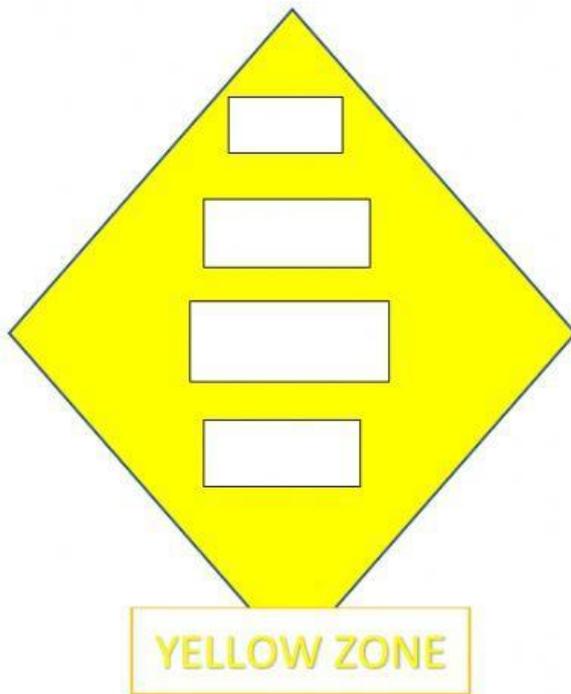
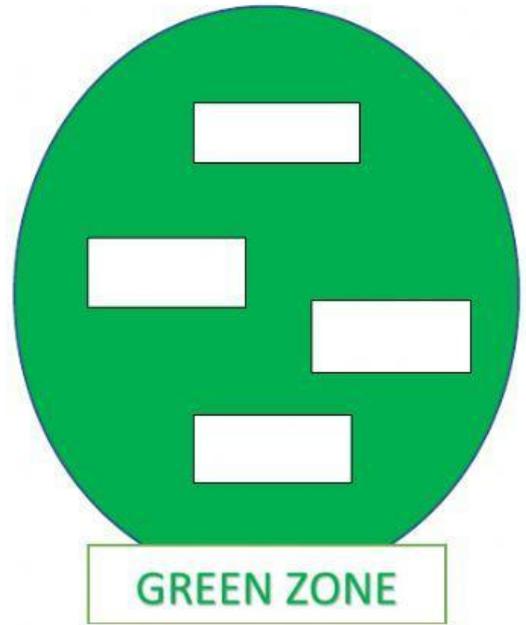
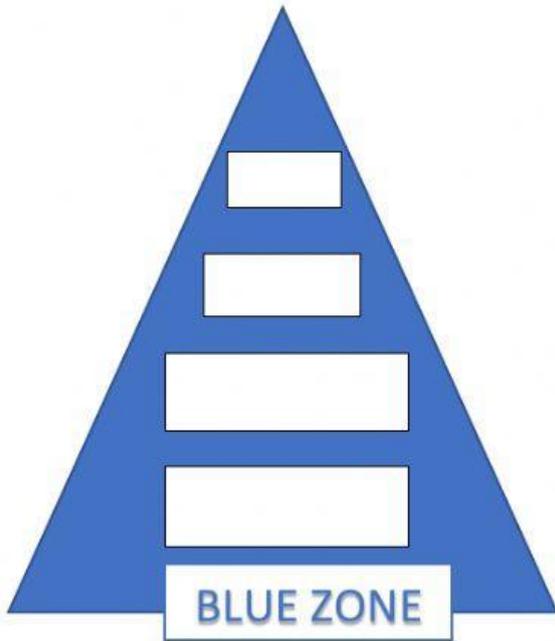


AGGRESSIVE



MAD

# ZONES OF REGULATION



ANSWER THE FOLLOWING QUESTIONS:

1. What was the funniest thing that happened at school today?
2. How are you feeling today?
3. Are you happy/angry/upset about something?
4. What do you love doing?
5. What's a memory that makes you happy?
6. What makes you feel better when you are upset or angry?