

Emotional Regulation Activities for Kids - Checklist

15 Activities to Help Children with Emotional Regulation:

1. Feelings Face Mirror Game - Practice naming and expressing emotions.
2. Calm-Down Jars - Create a glitter jar for sensory soothing.
3. Emotion Charades - Act out feelings for emotional literacy.
4. Turtle Technique - Teach 'pause and breathe' with a turtle puppet.
5. Breathing Buddies - Use a stuffed animal to practice belly breathing.
6. Feelings Check-In Chart - Daily emotion tracking and validation.
7. Yoga and Movement Breaks - Reduce stress through playful movement.
8. Story Time with Emotions - Discuss feelings through picture books.
9. Scribble Out the Stress - Let kids draw their emotions freely.
10. Role-Playing Scenarios - Practice real-life emotion situations.
11. DIY Coping Skills Toolbox - Assemble tools for calming down.
12. 5-4-3-2-1 Grounding Game - Use senses to bring kids back to calm.

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13. Emotion Scavenger Hunt - Find toys or pictures that represent feelings.

14. Guided Visualizations - Imagine calming places or memories.

15. Reflection Time - Discuss what worked after calming down.