

# Self-Regulation Activities for Kids

Here are 10 engaging self-regulation activities to help your child build emotional control and resilience:

1. Mindful Breathing with a Breathing Ball
2. Emotion Matching Games
3. The Glitter Jar Technique
4. Movement Breaks
5. Use a Calm-Down Corner
6. Yoga and Stretching for Kids
7. Feelings Thermometer Chart
8. Storytelling with Emotion Puppets
9. Gratitude Rituals
10. Use Music to Regulate Mood