



Emotional Regulation

The art of regulating your emotions!



- Grab two jars and scrap paper
- Write positive activities on scrap paper for the "Filling Up" jar.
- Label each jar
 - Letting Go
 - Filling Up
- As a negative emotion arises...
 - Write it on a piece of scrap paper and place it in the "Letting Go" jar.
 - The act of writing the emotion and physically letting it go can help aid in de-escalating and taking the power out of that emotion.
- Next pull something positive from the "Filling Up" jar.
 - Perform whatever task is on the paper.
- Spend time working with your child on the activity they pick out of the jar.
- Spend time talking them through their emotional reactions.

Filling Up Jar

- ❖ Journal
- ❖ Watch t.v.
- ❖ Listen to music
- ❖ Read a book
- ❖ Write a story
- ❖ Help clean the house
- ❖ Wash parent's vehicles
- ❖ Watch a movie
- ❖ Craft
- ❖ Play outside
- ❖ Go for a walk
- ❖ Ride a bike
- ❖ Go fishing
- ❖ Groom your dog
- ❖ Plant flowers
- ❖ Bake
- ❖ Get rid of clutter
- ❖ Volunteer
- ❖ Walk your dog
- ❖ Cook dinner
- ❖ Learn to tie different knots
- ❖ Color
- ❖ Learn a new skill
- ❖ Make a video
- ❖ Add your own!

How to Talk...

Talk with your adolescent about their emotional reaction instead of reacting to it. Mirror the emotions and actions you would like your kiddo to copy.

Ask...

- ❖ What do you need from me right now?
- ❖ What is the root of your emotion?
 - Scared, sad, misunderstood, lonely, feeling dumb, etc.
- ❖ What can I do to help you?
- ❖ What needs to change?
- ❖ What are you responsible for?
- ❖ What should I be responsible for?