



Handout
RECORD SHEET
Teaching Emotional Self-Regulation

Date: _____



Use the scenarios in handout or make up your own to teach your child calm down skills:



Record your teaching scenario and how your child responded:

1. Turtle puppet: "I am sometimes afraid, so I think of my happy place, which is watching my fish. What is your happy place?"

2.

3.

1.

2.

3.



Spotlight your child's successes