



### Activity 3: Explore Emotional Regulation Practices

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Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

<b>My Action Plan</b>	_____ People, Places, Things, Situations			
	<b>Regulation Practices</b>	_____ Emotional Regulation Practice _____ Activity 1 _____ Activity 2	_____ Emotional Regulation Practice _____ Activity 1 _____ Activity 2	_____ Emotional Regulation Practice _____ Activity 1 _____ Activity 2
<b>Emotions &amp; Feelings</b>	_____ Emotion _____ Feeling (I feel)	_____ Emotion _____ Feeling (I feel)	_____ Emotion _____ Feeling (I feel)	_____ ME

### Questions to Explore

Select one of the Emotions & Feelings Discovery Cards above and answer the following questions.

1. Why did you pick this Emotions & Feelings Card?
2. Which of the emotional regulation practices you selected will be most helpful in coping with this emotion?
3. Have you ever used this practice before for a similar emotional situation? What was the result for you?
4. Which activities from the front side of this card do you think will be most helpful to you in addressing these emotions and feelings right now?
5. How can you incorporate this practice and activity into your daily life?
6. Who can you ask for help and support?