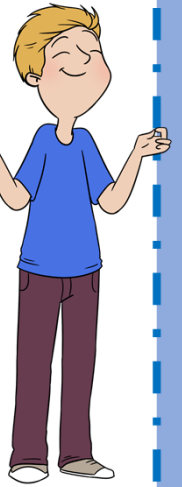


# Self Regulation Strategies



There are many different types of strategies to help control negative outbursts and inappropriate behaviors that will also help with impulse control.

**TASK:** Look at the self regulation strategies listed below. Check the ones you use and explain when and how you use them. Then, put an **x** on the line for the ones that could help you become better at self regulation and explain how they could help you deal with frustration, anger, anxiety, boredom etc.

\_\_\_\_\_ Breathing techniques

\_\_\_\_\_ Self-talk

\_\_\_\_\_ Exercise/walk

\_\_\_\_\_ Calm down kit

\_\_\_\_\_ Yoga

\_\_\_\_\_ Timers

\_\_\_\_\_ Exercise

\_\_\_\_\_ Other:

\_\_\_\_\_ Phone app(s):

\_\_\_\_\_ Tablet app(s):

\_\_\_\_\_ Journal

\_\_\_\_\_ Behavior contract

\_\_\_\_\_ Fidget handhelds

\_\_\_\_\_ Counting

\_\_\_\_\_ Seek help

\_\_\_\_\_ Other: