Uncovering Emotions: What is Self-Regulation?

Self-regulation is all about learning how to manage your thoughts, feelings, and actions. It's like being the "boss" of your emotions!

Did You Know?!

When you practice self-regulation, you can stop and think before you react to something that makes you angry or upset. Instead of letting your feelings control you, you take a moment to breathe and decide how to respond in a cool way.

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Tips for Managing Your Emotions

Know Your Triggers: Keep a diary about when you feel angry and why. This will help you see what makes you tick!

Take a Break: If you're feeling super angry, try stepping away for a few minutes to cool down before you react.

Look for Solutions: Instead of focusing on what made you mad, think about how you can fix it or make it better.

Share Your Feelings: Talk about how you feel using "I" statements (like "I feel upset when..."). This way, others will understand you better!

Activity Time: Anger Iceberg

The Anger Iceberg Activity lets you dive into why you feel angry. Just like an iceberg, where only a little bit shows above water, anger is only the surface! There are other feelings, like sadness or fear, hiding below. This activity helps you find those feelings so you can better manage your anger.

1 **Find Hidden Feelings:** When you feel angry, it's often because something else is bothering you, like feeling ignored or scared. This activity helps you find those feelings!

2 **Draw It Out:** Create a drawing of your feelings! This lets you see what's hidden underneath your anger and talk about it with friends.

3 **Team Talk:** After you figure out your feelings, identify friends or family to discuss what you uncovered. It's great to know you're not alone in feeling this way

4 **Tools to Help:** Use cool tricks like breathing exercises and journaling to help you stay calm and express how you really feel.