

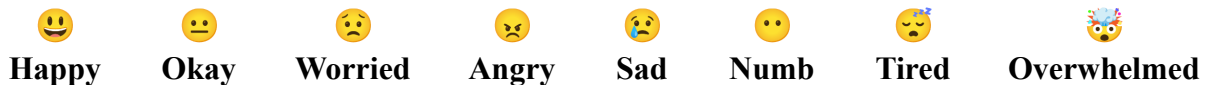
## Emotion Regulation Menu

**Purpose:** Gives students a simple, accessible tool to identify emotions and choose strategies that help them regulate in the classroom. This is especially useful for students with IEPs, 504 plans, or trauma histories, but helpful for all learners.

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### Step 1: Name What You're Feeling

Circle or point to how you're feeling right now:



If you want to write it in your own words:

I feel: \_\_\_\_\_

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### Step 2: Choose What Helps You Feel Better

Pick 1–2 strategies from the menu below, or come up with your own!

#### Calm My Body

- ☐ Deep breathing
- ☐ Squeeze a fidget
- ☐ Ask for a break
- ☐ Drink water
- ☐ Rest my head
- ☐ Take space

#### Express My Feelings

- ☐ Draw or color
- ☐ Write in a journal
- ☐ Talk to a trusted adult
- ☐ Use an emotions chart

### **Move or Refocus**

- ☐ Listen to music
- ☐ Walk in the hallway
- ☐ Do a stretching break
- ☐ Look at calming visuals
- ☐ Read or flip through a book

### **Connect with Someone**

- ☐ Talk to a friend
  - ☐ Ask for help
  - ☐ Sit near a staff member
  - ☐ Use a check-in card
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## **Step 3: Decide What You Need Next**

### **I'm ready to:**

- ☐ Return to learning
  - ☐ Keep using a strategy
  - ☐ Ask for more help
  - ☐ Take a longer break
  - ☐ Talk to an adult privately
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## **Optional Student Reflection**

**One thing that helps me when I'm upset is:**

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### ***How Educators Can Use This:***

- *Print and post in calming corners or classrooms*
- *Pair with student "break" plans or IEP behavior supports*
- *Laminate for repeated use with dry erase markers*
- *Use as part of morning check-ins or emotion lessons*