



DIY Guide for Kids

How to Practice Emotional Regulation



MindWeal

DIY Guide for Kids:

How to Practice Emotion Regulation



Hey there! This workbook is designed to help you understand and manage your emotions in a fun and easy way. By completing these activities, you'll learn important skills that will help you feel calmer, happier, and more in control. Let's get started!

Disclaimer: This guide is intended to complement, not replace, your psychotherapy with a licensed therapist. It should be used under the supervision of a licensed professional.

What is Emotion Regulation?

Emotion regulation is about understanding your emotions and learning how to manage them effectively. It means knowing how to calm down when you're upset, cheer up when you're sad, and stay balanced in different situations.

Why It's Important:

- **Reduces Stress:** Helps you feel calmer and more in control.
- **Improves Relationships:** Makes it easier to get along with friends and family.
- **Enhances Well-being:** Helps you feel happier and more content

Emotion Wheel Activity

What You Need:

- An emotion wheel (you can find one online or draw your own)
- A notebook or journal
- Pens or pencils

How to Use:

1. Identify Your Emotions:

- Look at the emotion wheel and find the emotion that best describes how you're feeling.
- Write it down in your journal.

2. Write It Down:

- Describe what triggered the emotion.
- Example: "I felt angry when my friend didn't invite me to their party."

3. Reflect:

- Think about why you're feeling that way and what you can do to manage that emotion.
- Example: "I felt left out, but maybe I can talk to my friend about how I feel."

Activity Page

| Date | Emotion | Trigger | Reflection |
|------|---------|---------|------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Opposite Action Activity

What You Need:

- A piece of paper or a journal
- A pen or pencil

How to Use:

1. Identify Negative Emotions:

- Think about a situation that makes you feel a negative emotion, like sadness or anger.
- Example: "I feel sad because I didn't do well on my test."

2. Plan an Opposite Action:

- Write down an action that is opposite to what you feel like doing.
- Example: If you feel sad and want to stay in bed, plan to go for a walk or call a friend.

3. Do the Opposite Action:

- Carry out the opposite action and notice how it changes your mood.
- Example: Going for a walk might make you feel more energized and less sad.

Activity Page

| Date | Negative Emotion | Opposite Action | How did it change your mood? |
|------|------------------|-----------------|------------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Healthy Habits Tracker

What You Need:

- A notebook or a printable habit tracker
- Pens or markers

How to Use:

1. List Healthy Habits:

- Write down healthy habits you want to practice, such as getting enough sleep, eating nutritious foods, exercising, and practicing relaxation techniques.
- Example: "Drink 8 glasses of water a day."

2. Track Your Habits:

- Each day, check off the habits you've completed.
- Example: "Exercise for 30 minutes."

3. Review Your Progress:

- At the end of each week, look at your tracker and see how well you're doing. Celebrate your successes and plan to improve where needed.
- Example: "I did well with drinking water but need to exercise more."

Activity Page

| Date | Habit 1: Go to bed by 9 PM | Habit 2: Sleep at least 9 hours | Habit 3: No screen use after 9 PM | Habit 4: Exercise daily for 30 mts. |
|------|----------------------------|---------------------------------|-----------------------------------|-------------------------------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Emotion Regulation Journal

What You Need:

- A notebook or journal
- Pens or pencils

How to Use:

1. Daily Entries:

- Each day, write about your emotions. Include what happened, how you felt, and how you responded.
- Example: "I felt happy when I played with my dog after school."

2. Identify Triggers:

- Note any patterns or triggers that cause certain emotions.
- Example: "I noticed I get anxious before tests."

3. Plan for Next Time:

- Write down what you can do differently next time you experience a similar emotion.
- Example: "Next time I'll study a little each day instead of cramming the night before."

Activity Page

| Date | Emotion | Trigger | Response | Plan for next time |
|------|---------|---------|----------|--------------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Deep Breathing Exercises

What You Need:

- A quiet space
- A timer (optional)

How to Use:

- 1. Find a Quiet Space:**
 - Sit or lie down comfortably in a quiet place.
 - Example: Find a cozy spot in your room.
- 2. Deep Breathing:**
 - Inhale slowly through your nose for 4 seconds, hold for 4 seconds, and exhale through your mouth for 4 seconds.
 - Example: Imagine filling up a balloon in your belly as you breathe in.
- 3. Focus on Your Breath:**
 - Pay attention to how the air feels entering and leaving your body.
 - Example: Notice the cool air coming in and the warm air going out.
- 4. Set a Timer:**
 - Start with 5 minutes and gradually increase the time as you get more comfortable.
 - Example: Use a timer to keep track of your breathing practice.

Activity Page

| Date | Duration of deep breathing exercise | How did I feel before exercising? | How did I feel after exercising? |
|------|-------------------------------------|-----------------------------------|----------------------------------|
| | | | |
| | | | |
| | | | |
| | | | |

Weekly Reflection

What You Need:

- A notebook or journal
- Pens or pencils

How to Use:

1. Review Your Week:

- Look back at your journal entries, habit tracker, and activity pages.
- Think about what went well and what was challenging.

2. Celebrate Successes:

- Write down things you did well and are proud of.
- Example: "I practiced deep breathing every day this week!"

3. Plan for Improvement:

- Write down what you can work on next week.
- Example: "I want to be better at identifying my emotions using the emotion wheel."

Activity Page

| Week | Successes | Challenges | Plan for Next Week |
|------|-----------|------------|--------------------|
| | | | |
| | | | |
| | | | |
| | | | |

Conclusion

Practicing emotion regulation can help you understand and manage your emotions in a healthy way. By using these tools and activities, you can start building your emotion regulation skills at home. Remember, it's important to practice regularly and be patient with yourself. Always work with a professional therapist who can guide you through this process safely and effectively. Keep practicing, and you'll see great progress in how you manage your emotions!

