

SELF-REGULATION

It's normal to have emotions.



Self-Regulation

Self-Regulation is:



Complete the chart below to explain The Zones of Regulation. Color in each zone.

Zones of Regulation	Describe feelings and actions in this zone.
Red Zone 	
Yellow 	



LNK  **tivity**
Interactive Learning Guides

WAIT!

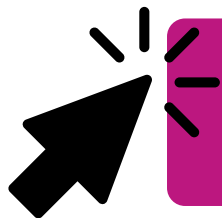
Thank you for considering this LINKtivity for your classroom, but before you make a decision - you should know that you can get **access to this LINKtivity + PLUS our entire library** for about the same price as a single LINKtivity!

The results are in: **Teachers LOVE LINKtivities...** and want more! So, we've made it SUPER easy and cost effective for you to access any and ALL of our LINKtivities inside our LINKtivity Learning membership option! Instead of purchasing just ONE LINKtivity - why not get access to ALL of them... for about the SAME PRICE!



INSIDE THE MEMBERSHIP YOU'LL HAVE UNLIMITED ACCESS TO:

- ✓ The **entire growing LINKtivity® library** inside the Membership (LINKtivities for all content areas)
- ✓ ALL **future LINKtivities** to be added to the membership (new releases each month!)
- ✓ **Teacher guides** to help you set up each LINKtivity® successfully in your classroom
- ✓ **Student resources** that go along with each LINKtivity (printable OR digital)
- ✓ **Kid-friendly rubrics** and **answer keys** for each LINKtivity®



JOIN NOW






Inside the Kindness LINKtivity, students learn the science behind being kind and how it affects us and those around us. Students will learn about this important social emotional learning skill through animated video, interactive activities, digital magnetic poetry, and more!



More Sample Slides


BRAIN BURST!

Complete each self-regulation activity below.



- STAY IN THE GREEN ZONE!** (with a green smiley face icon)
- THE BIG REVEAL** (with a question mark icon)
- SELF-REGULATION POETRY** (with a flower and book icon)

The Zones of Regulation



The Zones of Regulation is a special tool that can help you to identify your feelings and regulate behavior. Becoming more aware of your emotions is the first step to managing stress, improving relationships, and achieving your goals. Click on each number to learn more about each zone.

Read the scenario below. Then, click on the response that would help return you to the green zone.

Scenario
Your best friend completely crushes you at a video game. You begin to feel angry & frustrated and want to yell.

You use positive self-talk to remind yourself that it's just a game and winning isn't everything.

You complain to your friend that they always win every game. Then, you angrily storm out of the room.

Read the scenario below. Then, click on the response that would help return you to the green zone.

Scenario
While lying in bed, you feel sad about something that happened earlier in the day. You begin replaying the situation over and over in your head, feeling more blue.

You journal your thoughts and feelings to calm your mind and body in order to get a good night's sleep.

You lie awake all night thinking about the problem and feel tired in the morning.

Strategies for Self-Control

Click on a picture below to discover strategies for self-regulation.




Feeling our Emotions!

Click on each card to flip it over to learn more about your body's reaction to emotions.

When we get angry, our body gets ready for action. Our heart beats faster, we breathe faster, and our muscles get tense. We may even feel hot and start sweating. Our body is getting ready to fight or run away from something that we think is a threat. Sometimes, we may also make angry faces like furrowing our eyebrows or clenching our fists. It's important to know that feeling angry is normal, but we can learn to manage it by taking deep breaths, doing exercises, or using mindfulness techniques.

Sadness	Happiness	Frustrated
Worried	Bored	Calm
Excited		

Taking Control


Being in control of your emotions helps you make good decisions and increases your resilience (ability to bounce back after a challenging time). Being in control helps you build and keep relationships, and improves your personal happiness.

DID YOU KNOW?

You have the Power to control your emotions!

Click the video icon to learn how self-regulation can help you take control of your moods and attitude!

CLICK HERE to learn some strategies that can help you stay in control.



The Big Reveal

Choose true or false for each statement about self-regulation. Each time you answer a question correctly, the magnifying glass will zoom out to reveal more of the mystery picture.

If you're feeling worried, you are in the green zone.

TRUE **FALSE**




Read the scenario below. Then, click on the response that would help return you to the green zone.

Scenario
While taking a test, you realize you don't know the answer to an important question. You feel worried and anxious.

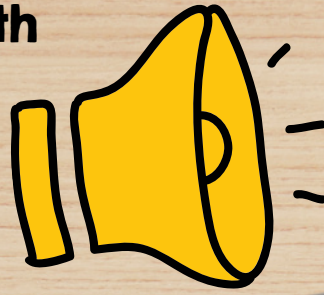
You completely freeze. Your heart rate begins to increase and you are unable to finish the test.

You take a few deep breaths, and try to refocus your attention on the other test questions.

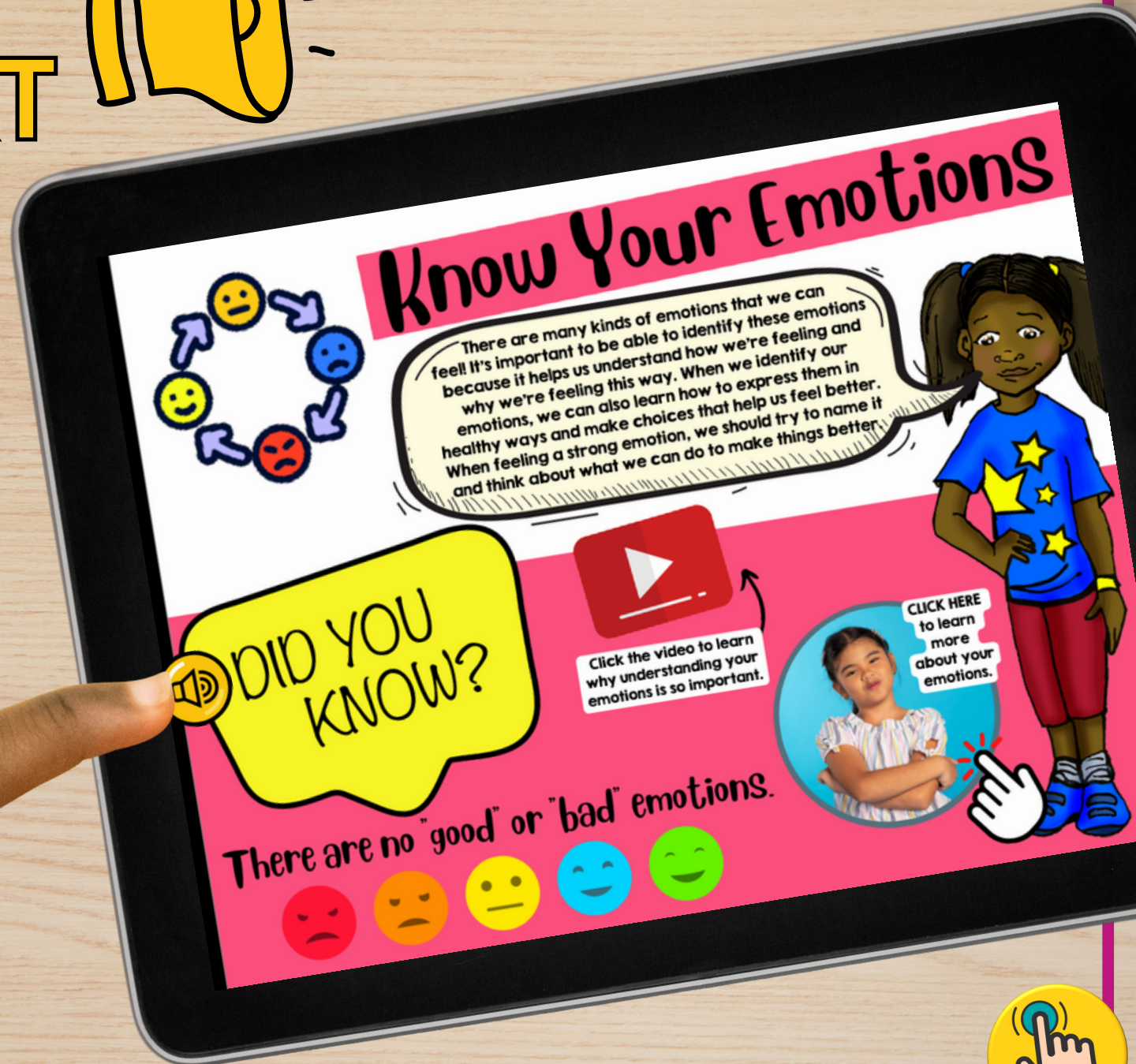


This LINKtivity is provided with

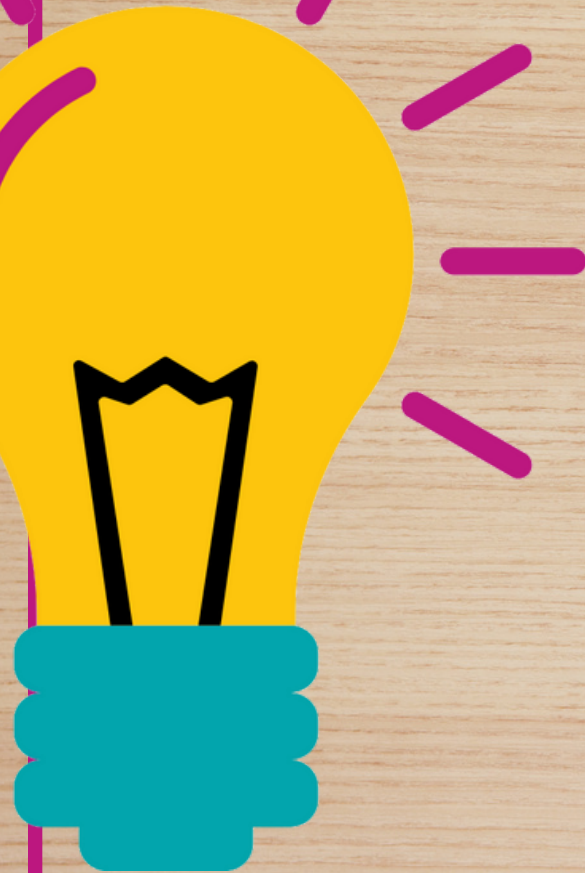
AUDIO SUPPORT



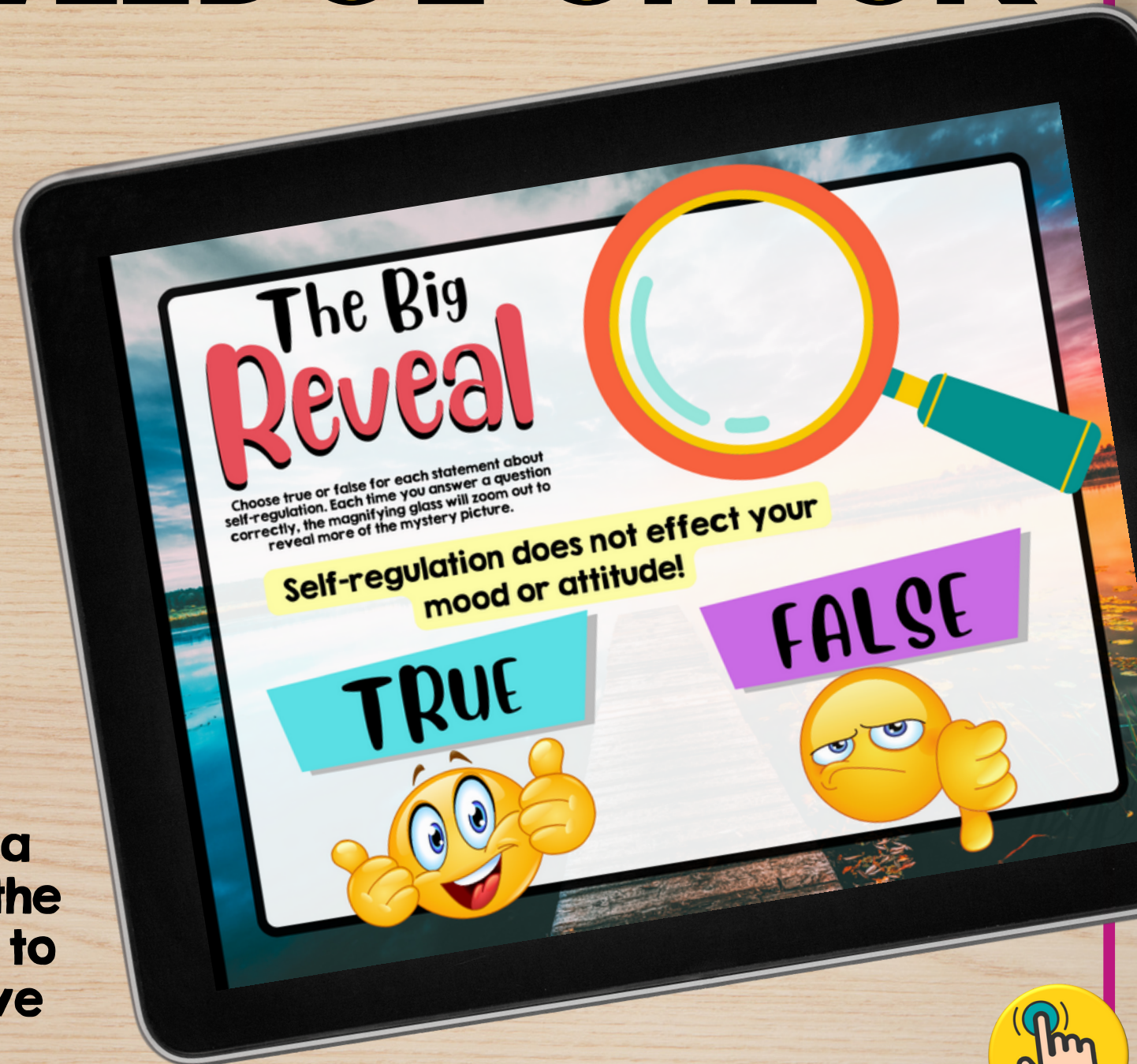
Perfect for English language learners or students who could use a little extra support!



KNOWLEDGE CHECK



Students complete a quick self-check at the end of the LINKtivity to show what they have learned!



Printable & Digital Student Recording Sheet

Printable Recording Sheet for LINKtivity

You have the Power to control your emotions!

Self-Regulation

Self-Regulation is:

There are no "good" or "bad" emotions.

Learning how to regulate your mood and attitude can help you cope with your emotions and manage your behavior.

In each speech bubble, write one strategy you would like to try to help control your emotions!

Self-regulation will improve your ability to achieve your goals.

Complete the chart below to explain The Zones of Regulation. Color in each zone.

Zones of Regulation		Describe feelings and actions in this zone.
Red Zone	☹️	
Yellow Zone	😞	
Green Zone	😊	
Blue Zone	😐	

You have the Power to control your emotions!

Self-Regulation

Self-Regulation is:

There are no "good" or "bad" emotions.

Learning how to regulate your mood and attitude can help you cope with your emotions and manage your behavior.

In each speech bubble, write one strategy you would like to try to help control your emotions!

Self-regulation will improve your ability to achieve your goals.

Complete the chart below to explain The Zones of Regulation. Color in each zone.

Zones of Regulation		Describe feelings and actions in this zone.
Red Zone	☹️	
Yellow Zone	😞	
Green Zone	😊	
Blue Zone	😐	

Digital Recording Sheet for LINKtivity in Google Slides

Answer Key

You have the Power to control your emotions!

Self-Regulation

Self-Regulation is: the ability to control your thoughts, emotions, and behaviors.

There are no "good" or "bad" emotions.

Learning how to regulate your mood and attitude can help you cope with your emotions and manage your behavior.

In each speech bubble, write one strategy you would like to try to help control your emotions!

Self-regulation will improve your ability to achieve your goals.

Complete the chart below to explain The Zones of Regulation. Color in each zone.

Zones of Regulation		Describe feelings and actions in this zone.
Red Zone	☹️	when we feel upset or angry
Yellow Zone	😞	when we feel uneasy, worried, frustrated, silly
Green Zone	😊	when we feel calm, happy, excited
Blue Zone	😐	when we feel sad or tired

