

SELF REGULATION BOARD

I am feeling... because		I can	I may	I should		you can	can you	will you
something else	something changed	its a new place	breathe in and breathe out	count to 20	lie down	clap for me	sing with me	use a visual story
too loud	too cold	I am tired	press hands together	deep pressure, squeezes	rest	tell me I am okay	count slowly	make it more fun
something hurts	I am hungry	I am sick	do my happy dance	listen to calm music	watch my favourite video	distract me	remind me of my safe choices	have me try something new
I am not sure	its too difficult	it's too easy	want to be alone	ask for a hug	talk to a friend	give me some time	keep a calm face and voice	give me an easy task I like
too many questions	too much demand	too many instructions	look at my activity options	use my fidgets	play with my sensory toys	come with me for a walk	take me home	give me a harder task
		read a book	look at photos	listen to radio		let me feel my feelings	be patient	hug me

FEELINGS BOARD

safe	HAPPY FEELINGS	surprised	ANXIOUS FEELINGS	so	SELF REGULATION	FEELING SCALE	ANGRY FEELINGS	grumpy	SAD FEELINGS	stressed
silly	calm	shocked	anxious	too	mad	pissed	lonely	left out	thrilled	relaxed
excited	happy	scared	afraid	very	annoyed	furious	sad	disappointed	lost	confused
		kind of	extremely	angry	frustrated	bummed	stuck			
dull	meh	famished	dehydrated	a little	uneasy	sleepy	jealous	guilty		
bored	restless	hungry	thirsty	a bit	you seem	i have mixed feelings	uncomfortable	tired	ashamed	shy
HARD FEELINGS	okay	starving	parched	extra	I feel	I don't know what i am feeling	UNWELL	sick	awkward	embarrassed