

# Regulating our EMOTIONS

One way to understand our emotions better is by putting them into different groups

Have a think about when you have had emotions from this group. Is there something that caused you to have those emotions?

When you have these emotions, what can help you have the best experience? Sometimes you may not need to do anything, but there may be times when because of where you are or who you are with, you need a way to manage how you are feeling. Try the options below and come up with your own ideas too!

It's normal to have emotions from more than one group at the same time. Remember, there are no bad types of feelings - we all experience all of them at different times.

**BLUE FEELINGS**

Sad      Bored  
Unwell    Moving slowly  
Tired

Going slow...  
Service Break

Things that can give me blue feelings...

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If I have blue feelings it can help if I...

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**GREEN FEELINGS**

Happy      Feeling ok  
Calm/content    Ready to learn  
Focused

Good to GO

Things that can give me green feelings...

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If I have green feelings it can help if I...

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**YELLOW FEELINGS**

Frustrated  
Silly      Loss of some control  
Worried    Excited

Take Caution

Things that can give me yellow feelings...

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If I have yellow feelings it can help if I...

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**RED FEELINGS**

Angry      Elated  
Terrified    Out of control  
Yelling/hitting

STOP Danger

Things that can give me red feelings...

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If I have red feelings it can help if I...

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- Have a drink of water
- Have a 'timeout' from the situation
- Do a silly dance
- Chat to a friend
- Go for a walk
- Be creative, make something
- Do my school or homework
- Take some deep breaths
- Count to 10
- Listen to my favourite music
- Tell an adult how I'm feeling