

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! →

Blue feelings

Sad Bored
Unwell Moving slowly
Tired

Going slow...
Service Break

Things that can give me blue feelings...

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

Green feelings

Happy Feeling ok
Calm/content Ready to learn
Focused

Good to GO

Things that can give me green feelings...

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

Yellow feelings

Frustrated
Silly Loss of some control
Worried
Excited

Take Caution

Things that can give me yellow feelings...

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

Red feelings

Angry Elated
Terrified Out of control
Yelling/hitting

STOP Danger

Things that can give me red feelings...

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

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.

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