

EYFS, KS1, KS2

Self-regulation

TEMPLATES
PACK



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Introduction and guidance

Self-regulation – the ability to understand and manage your thoughts, feelings and behaviours – is something that children need to be taught and shown how to practise.

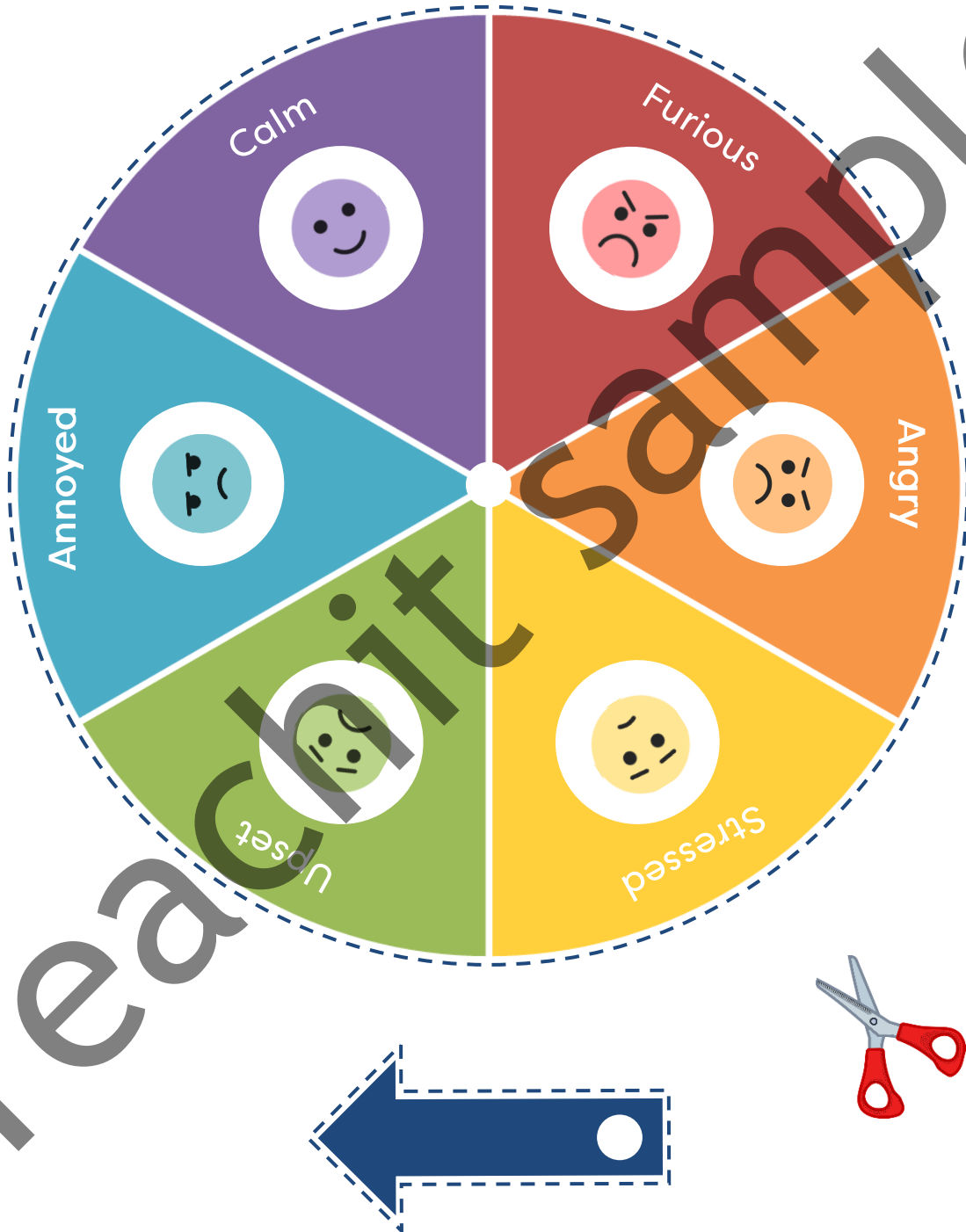
This kit aims to offer primary school teachers a flexible set of resources including emotion flashcards, breathing strategies, calm-down cards and behaviour prompts to develop children's emotional self-regulation skills. The resources are designed for use in the classroom and for display, and can be used in lessons, laminated and hung on clotheslines, set up in a calming corner of your classroom or saved in a 'Calm Down' binder for 1:1 discussion time.

You'll find engaging **How do you feel?** emotion posters for classroom display alongside blank versions for children to cut out and create their own. Use the **Feelings thermometer** and **Feelings meter** to help children to recognise how they feel and the comprehensive set of **Emotion flashcards** to explore how feelings change and how to manage them.

For children who find self-regulation more challenging, our **Calm down breathing exercises** are helpful visual aids. They show children how to reduce feelings of anger, stress or anxiety through 3-step, 5-step or 10-step breathing techniques. You'll also find practical advice and coping strategies for children who are struggling with complex feelings and behaviours in the set of **Calm down cards**. These children may also benefit from using the **Managing my emotions daily tracker** and **How do you feel? Sentences** templates, which provide a useful framework for daily discussions about managing emotions.

We hope these resources help your pupils to feel more comfortable and confident managing their emotions. Celebrate their progress with our **Managing your emotions award certificate**!

Feelings meter



Calming down cards

When I am **furious** I will...

☐ Move away from others



☐ Close my eyes



☐ Take long, deep breaths



☐ Look out of the window or at something I find calming



☐ Count slowly to 10



☐ Have a drink of water



Calming down cards

When I am **angry** or **frustrated** I will...

☐

Close my eyes

☐

Relax my face, hands and shoulders

☐

Accept it is normal to feel angry and frustrated sometimes

☐

Concentrate on breathing slowly

☐

Think of a nice thing that happened today

☐

Have a drink of water

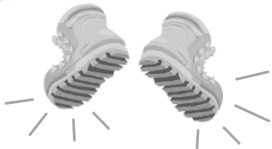


Calming down cards

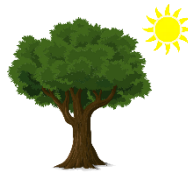
When I am **angry** I will...

☐

Stomp


☐

Go outside


☐

Do some star jumps


☐

Draw a picture or do some colouring


☐

Talk to someone


☐

Play with a ball


☐

Play with a toy


☐

Have a drink or a snack


☐

Listen to some music


☐

Be on my own


☐

Walk around


☐

Ask for some time out


☐

☐

☐

