# My Emotional Regulation Plan

Name: Date Created/Reviewed:

ER Plan: Elementary

**This Happens** *(check all that apply)*:

|  **Trouble with peers** |  **Trouble with work** |  **Trouble with my classroom** |  **Trouble with my basic needs** |
|---|---|---|---|
| ☐ Feeling left out<br>☐ Losing a game<br>☐ Arguing<br>☐ Unfair rules<br>☐ Change in friendship<br>☐ Something else: | ☐ Work too hard/easy<br>☐ Bored<br>☐ Confusing direction<br>☐ It's a test<br>☐ Homework<br>☐ Something else: | ☐ Distracted by others<br>☐ Lights bright/dim<br>☐ Too loud/quiet<br>☐ Smells funny<br>☐ I walked in late<br>☐ Something else: | ☐ Hungry/Thirsty<br>☐ Sick<br>☐ Too hot/cold<br>☐ Clothes uncomfortable<br>☐ Something else: |

**That makes me feel:**

Draw face

Feeling word

**When I feel _____, I might:**

|  **Fight** |  **Flight** |  **Freeze** |  **Something Else** |
|---|---|---|---|
| ☐ Hit someone<br>☐ Throw things<br>☐ Destroy property<br>☐ Swearing/Yelling<br>☐ Hurt myself<br>☐ Something else: | ☐ Run away<br>☐ Hide<br>☐ Leave the classroom<br>☐ Leave school property<br>☐ Something else: | ☐ Cry/withdrawal<br>☐ Stay still<br>☐ Can't answer questions/talk<br>☐ Stare<br>☐ Something else: | |

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| I can calm down by trying | | My teacher can help by | |
|---|---|---|---|
| ☐ Taking a break | ☐ Deep breaths | ☐ Giving me space | ☐ Giving me a job |
| ☐ Talking it out | ☐ Positive self-talk | ☐ Repeating directions | ☐ Letting me walk |
| ☐ Draw/Color | ☐ Counting to 10 | ☐ Setting a timer | ☐ Call someone from my support team |
| ☐ Sensory tools | ☐ Writing a letter | ☐ Giving me a hug | |
| ☐ Reading | ☐ Something else: | | |
| ☐ Music | | | |
| ☐ Reading | | | |

**My Support Team:**

| Team Member Name | Role in My Life | Phone Number | Email Address |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |

**Home to School Connection:**

| Calming Strategies that Work at Home | Home to School Communication Plan |
|---|---|
| | |

**My Action Plan:**

When _____ _____ happens, I feel _____ and that's ok!

I will use my strategies of _____

and adults will help by _____.