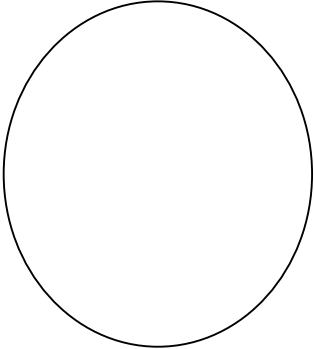
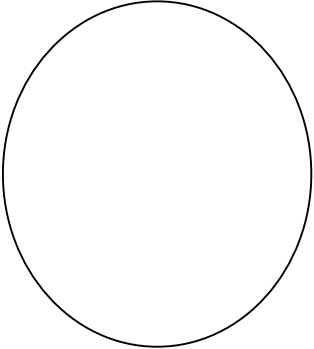
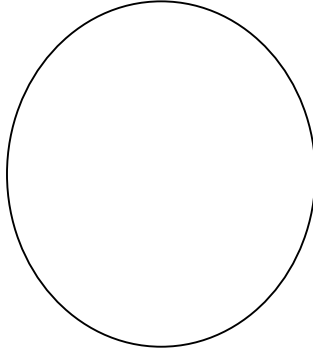
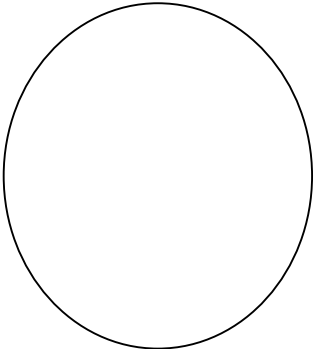
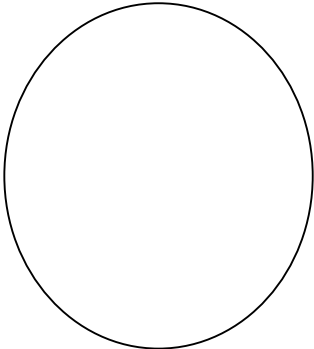
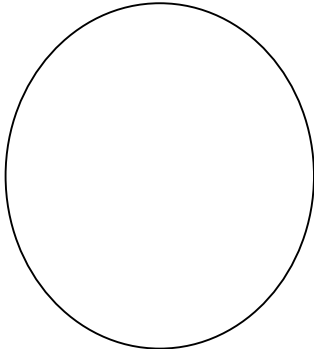
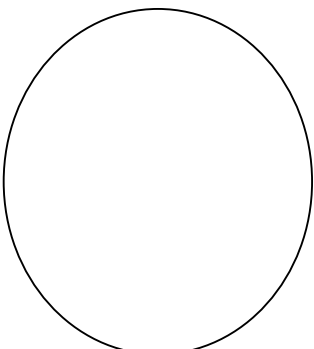
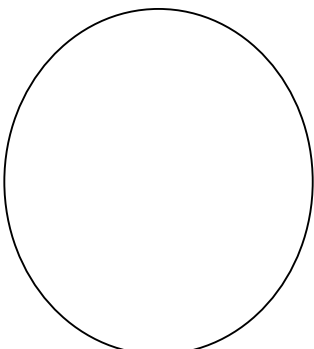


Self-Regulation – A Protective Factor

Self-Regulation happens when children can cope with their feelings in healthy ways. Before children can control their feelings, they need to be able to identify them. Feelings face charts can be a helpful tool for you and your child to talk about different emotions. Make your own feelings charts by drawing faces for the feelings below. (Do not worry about being a great artist. Make the faces while you draw and have fun.)

HAPPY 	SAD 	ANGRY 
SCARED 	FRUSTRATED 	NERVOUS 
TIRED 	<hr/> 	<hr/> 