

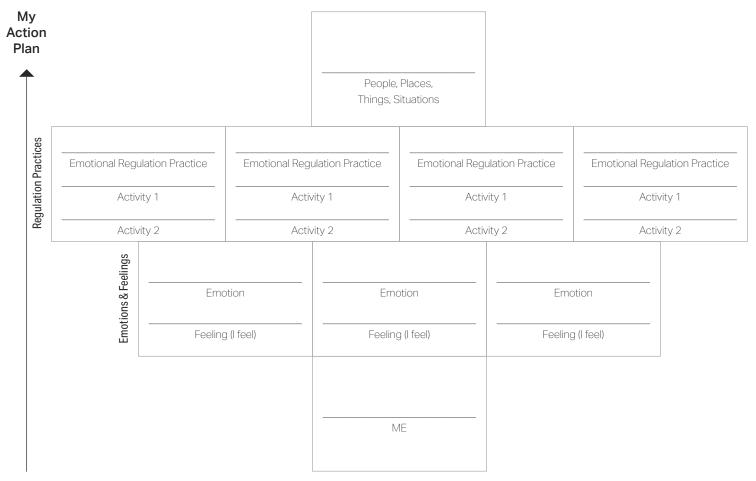
## **Activity 3: Explore Emotional Regulation Practices**

Visit R1LEARNING.COM to download printable Activity Worksheets.

Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

People

Situations



## **Questions to Explore**

Select one of the Emotions & Feelings Discovery Cards above and answer the following questions.

Why did you pick this Emotions & Feelings Card?
Which activities from the front side of this card do you think will be most helpful to you in addressing these emotions and feelings right now?
Which of the emotional regulation practices you selected will be most helpful in coping with this emotion?
How can you incorporate this practice and activity into your daily life?
Have you ever used this practice before for a similar emotional situation? What was the result for you?
Who can you ask for help and support?