

Name: _____



Self-Regulation Check-In

Read each statement. Circle whether you do this *always*, *sometimes*, or *never*.

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|---|---------------|------------------|--------------|
| 1. I notice when I am starting to feel upset or frustrated. | always | sometimes | never |
| 2. I recognize what makes me feel calm and what makes me feel stressed. | always | sometimes | never |
| 3. I recognize and name my feelings instead of letting them take over. | always | sometimes | never |



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|--|---------------|------------------|--------------|
| 7. I talk kindly to myself even if I am frustrated or upset. | always | sometimes | never |
| 8. I talk kindly to others even if I am frustrated or upset. | always | sometimes | never |
| 9. I use strategies to calm down before making decisions. | always | sometimes | never |
| 10. I handle tough situations in a positive way. | always | sometimes | never |
| 11. I am proud of myself for managing my emotions. | always | sometimes | never |
| 12. I learn from my mistakes. | always | sometimes | never |