

Name: _____

Self-Regulation Personal Reflection

Self-regulation is when you can stay calm, make good choices, and handle your emotions—even when things don't go your way. It is important to reflect on our reactions to situations and problems. This helps us learn how to react better the next time.

1. What happened today that made you feel a negative emotion?

2. What emotion did you feel?



4. How did you react?

5. Did your reaction show self-regulation?

6. How could you show better self-regulation the next time a similar problem occurs?