

Daily Self-Regulation Check-In

Grades 6-8



In the Classroom

Each morning or after an emotional event, have students complete a self-regulation check-in log identifying their emotions, triggers, and coping strategies.



At Home

Ask your child how they feel and encourage them to write or talk about what triggered their emotion and what coping strategy they used.



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Directions: Complete a self-regulation check-in log identifying your emotions, triggers, and coping strategies.

How am I feeling right now? (happy, sad, frustrated, anxious, excited, calm, etc.).

What caused this feeling? (list a specific event or situation).

What strategies am I using to manage it? (breathing, talking to someone, journaling, movement, etc.).

Did my strategy work? (yes/no, what might I try next time?)



Coping Strategies

Grades 6-8



In the Classroom

When students feel stressed, allow them to pick a strategy from the choice board (e.g., deep breathing, listening to music, stretching). Encourage reflection afterward.



At Home

Have your child select a calming strategy from the board when they need to self-regulate and discuss if it helped them feel better.



Coping Strategies Choice Board

Directions: Choose a coping strategy from the board (e.g., deep breathing, journaling, movement break). After you complete the action, reflect on how it helped you cope.

 <p>Write in a journal.</p>	 <p>Take a movement break (jumping jacks, yoga).</p>	 <p>Write two or three positive affirmations (I can handle this).</p>	 <p>Do a body scan to notice how you feel.</p>
 <p>Go to a quiet corner to reset.</p>	 <p>Talk to a friend or trusted adult.</p>	 <p>Use a fidget tool.</p>	



