

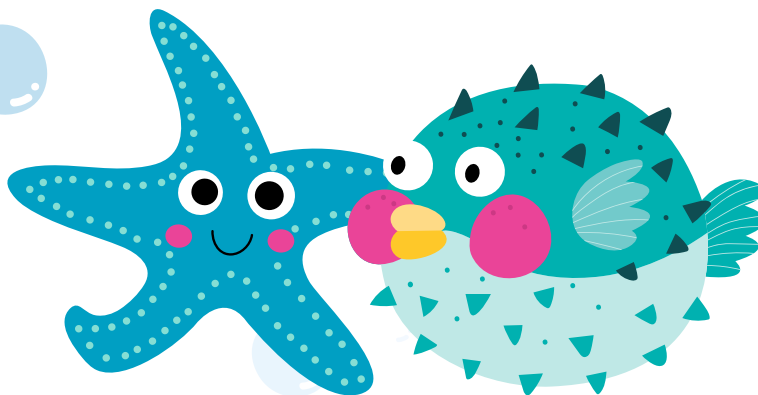
A SEA OF EMOTIONS

EMOTIONAL REGULATION CARD DECK

These cards can be used as a fun, any-day activity. But as your kids learn the actions on each card, their experience with this deck can turn into an easy way to call attention to and regulate emotions.

For instance, if you see your kids becoming frustrated, you might say, "I know you're frustrated. Let's stop for a minute and do the Whale Wail." Or, if they're feeling antsy after a long drive, "Let's stretch like a starfish and then do the Jellyfish Sway."

Just remember, everything is more fun when you do it together!



INSTRUCTIONS:

1



Download.

2



Print.

3



Cut.

There are four cards on each page; each card has a different activity to practice with your kids.

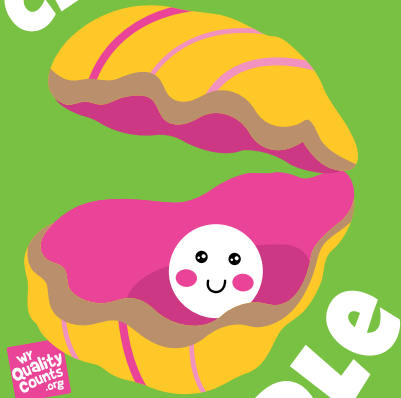
STARFISH STRETCH



Stretch like a starfish!

Stretch your legs wide, then place your arms over your head and see how high you can reach!

CLAM CUDDLE



Cuddle yourself like a clam.

Place each hand on your opposite shoulder and give yourself a hug!

CLOWNING FISH



Clown around like a clown fish.

Make the silliest face you can think of!

PUFFERFISH PUFF



Puff your cheeks like a pufferfish!

Fill your cheeks with as much air as you can and count to 5.

JELLYFISH SWAY



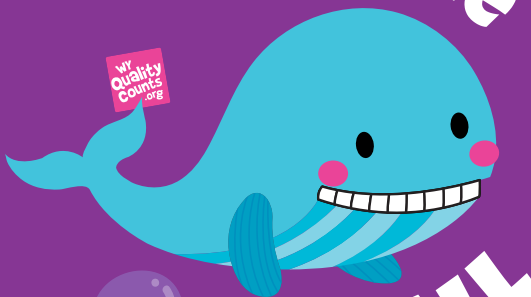
Sway your arms like jellyfish tentacles.
Bend over and sway your arms back
and forth, slow and then fast!

TURTLE Tongue



Poke your tongue out just like a
turtle pokes out their neck.
Stick your tongue out and
then quickly hide it!

WHALE WAIL



What do you think a whale sounds like?
Make different noises that sound
like whales talking!

SHARK CHOMP



Chomp like a shark!
Extend both arms in front of you, stacked on top
of each other; bottom hand should be palm up and
top hand should be palm down. Open and close
your arms to bring your hands together.