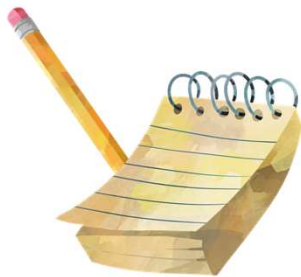


TOP 9 EMOTIONAL REGULATION ACTIVITIES

Write in a Journal



Watch a Movie



Share a Book



Play a Game



Become an Emotion Detective



Practice Mindful Breathing



Phone a Friend



Get Creative



Exercise

