


6 Steps to Build **Emotional Regulation**

Emotional regulation is our ability to understand and manage our emotions. It involves listening to our feelings, understanding what we need, and making choices to keep everything running smoothly. Emotional regulation also involves noticing when we start to feel overwhelmed, whether from stress, anger, or excitement, and using strategies to help us calm down, think clearly, and act in a way that makes us feel balanced.

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- 1. Notice and Name Emotions** – Encourages students to tune in and identify their feelings.
 - 2. Describe Emotions in the Body** – Helps students connect physical sensations to emotional states.
 - 3. Understand the Stress Response** – Introduces the idea of "fight, flight, freeze" in kid-friendly terms.
 - 4. Know How the Brain Processes Emotions** – This section uses four key brain structures (prefrontal cortex, amygdala, hippocampus, and hypothalamus) to explain how the brain helps (or hinders) regulation.
 - 5. Linking Thoughts to Emotions** – Promotes self-awareness and cognitive understanding of emotional reactions, identifying six common thinking errors.
 - 6. Practice Emotional First Aid** – Highlights simple, effective coping strategies students can use in the moment.