

**SIX FREE
EMOTIONAL
REGULATION
ACTIVITIES TO HELP
CHILDREN THRIVE**

THE PLAYFUL PSYCHOLOGIST



Minecraft Coping Characters

Purpose of the Activity: Emotional Regulation

You Will Need: The templates below (printed), writing/drawing materials.

How to Implement The Activity: This activity is a total crowd pleaser! I have used it (and posted about it) so many times and it has never failed me. If you are unfamiliar with the game, Minecraft involves characters that all have different 'tool bars.' In this activity, we are asking children to create their own Minecraft characters with their own 'coping tool kit' to help them work through difficult emotions. If your child is reluctant to come up with coping strategies that they can legitimately use in real life, that's ok! You can compromise with them by saying 'Ok, let's come up with two tools the character could use in the game, but also three tools they could use in real life!'

They can be as creative as they like!! Examples of real life tools include body armour that recognises when they are getting angry and automatically forces them to walk away, or a special potion (water/juice) that they can drink to help them calm down, or even splashing magic water on their face to help them gain their positive strength back (splashing cold water on their face in the bathroom). The options are endless!!

Script:

When you battle in Minecraft, you have special armour that helps protect you. You also have special tools in your toolbar that help you fight your enemies.

In real life, when you are angry or are feeling other big emotions, you have no armour to protect you, so your big emotions go to all different parts of your body.

You may get a headache, have tight muscles, feel your heart beating fast, feel your fists ready to punch something, feel your whole body getting hot, and you might even feel sweaty! When this happens, you need tools to help you calm down so you can start to feel better.

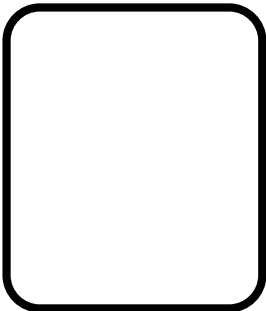
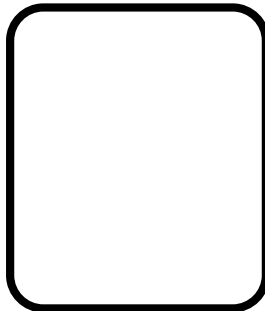
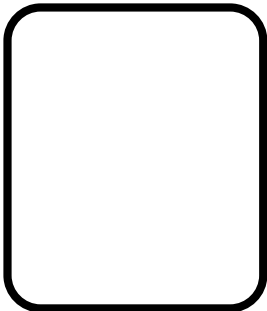
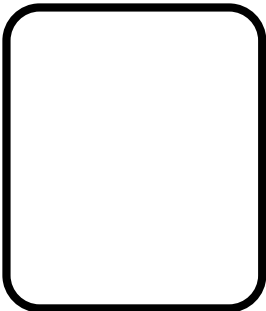
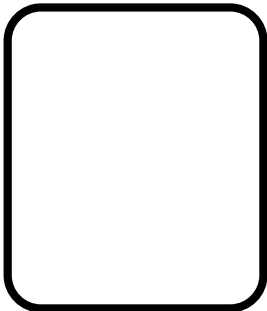
Draw your very own Minecraft character. Then have a think about some of the tools that help you when you feel worried and angry. Fill out the tool bars with the tools you can use so that you can help yourself (and your character) feel better.

My Characters Name Is:



A large rectangular area with a light blue border, intended for drawing or writing.

Toolbar for When I feel ANGRY:

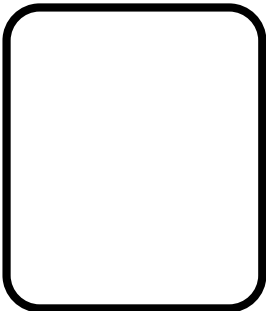
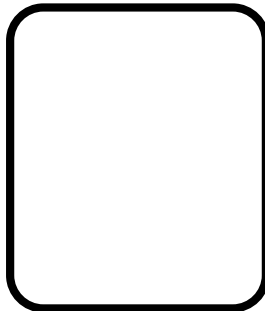
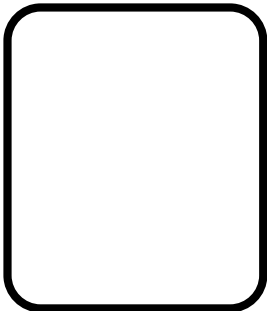
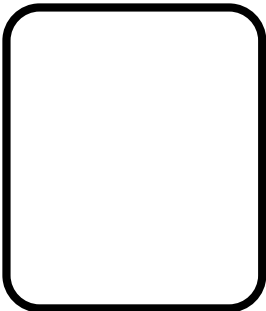
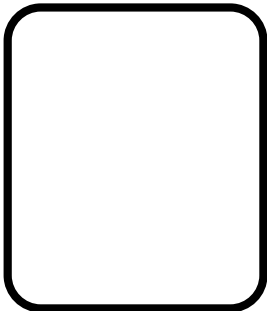


My Characters Name Is:



A large rectangular area with a light blue border, intended for drawing or writing.

Toolbar for When I feel WORRIED:



My Characters Name Is:



A large, empty rectangular box with a thin grey border, intended for drawing or writing. The box is centered on the page and occupies most of the middle section.

Toolbar for When I feel _____:

A row of five empty rounded rectangular boxes, each with a thick black border. These boxes are intended for drawing or writing, likely representing different emotions or feelings.

IF FEELINGS WERE COLOURS:

Purpose of the Activity: Development of Emotional Vocabulary & Emotional Expression

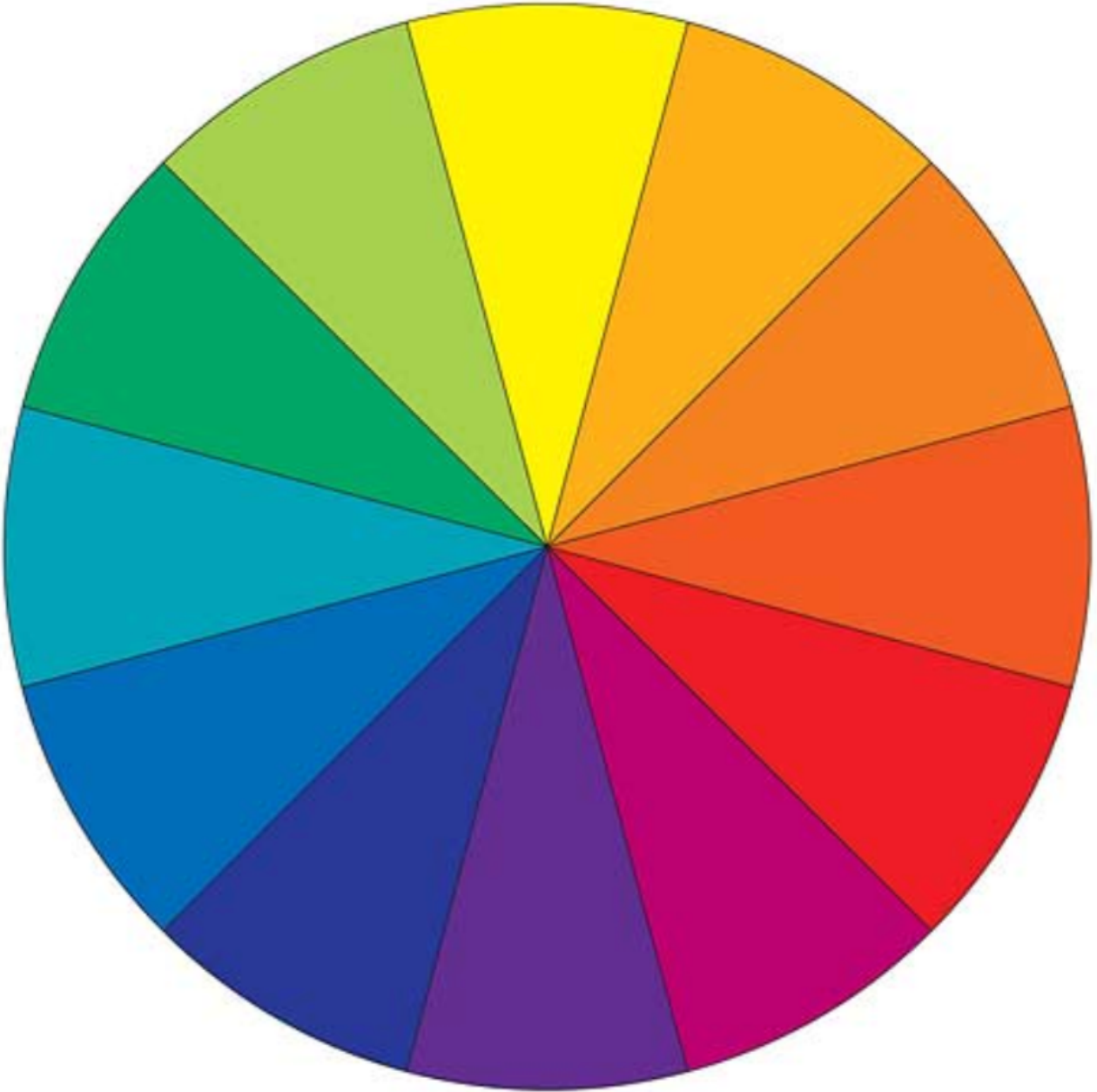
You Will Need: The templates below (printed), writing/drawing materials.

How to Implement The Activity: I absolutely love this activity! If you don't have a printer, you can just use markers and create your own colour wheel on a scrap piece of paper. If you've been following me for a while, you would have already seen me post something similar to this on my feed. It's an activity I use frequently!

The purpose of the activity is for children to think about what emotions certain colours trigger in them. After your child has come up with an emotion for each colour, use their answers as discussion points as to the 'why' behind their answer. Remember, there is absolutely no wrong answer here!! I once had a client tell me that orange reminded her of 'angry' because her little brother's blonde eyebrows would go orange when he was angry (CUTE) and that red reminded her of 'love' because her father always bought her mother red roses on special occasions. Every child will interpret these colours differently, and that is the beauty of an exercise like this!



*Think about each colour below in the colour wheel.
What feeling does each colour remind you of?
There is no right or wrong answer!*



When you are done, you can chat to your sibling or parent about your answers!

CHATTERBOXES

Purpose of the Activity: Mindfulness Activity. Self-Esteem Activity. Sensory Regulation. Sibling Bonding. Emotional Expression. and so on!

You Will Need: The template below, printed. colouring/decorating materials.

How to Implement The Activity: You can literally implement this activity in any way you want! I mean, at the end of the day, who doesn't love a chatterbox!? If you don't have a printer, you can make your own following the directions below. If you do have a printer, I have included the templates for you.

I've included an example template below for self-esteem, but have also included a blank template so that you can create your own!!

Mindfulness ideas can include grounding exercises, quick breathing exercises, or getting to choose a yoga/mindfulness video to watch together.

Emotional Expression ideas can include questions such as 'talk about a time you felt lonely' or 'name the last thing that made you feel worried.'

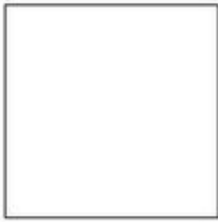
Sensory ideas can include regulation activities such as hulk pushups, playing with play dough, shaking a magic glitter jar, a back rub, etc.

Sibling Bonding Ideas can include special tasks that siblings have to complete together, special things siblings can do for each other, or giving compliments to each other.

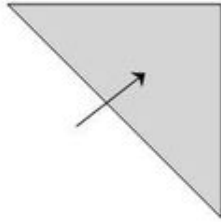
You can literally use these for any sort of task, and that's what makes them so great!



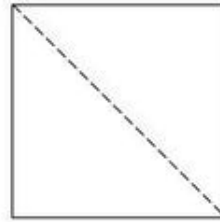
Instructions



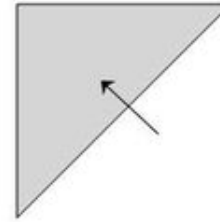
Take a square of paper.



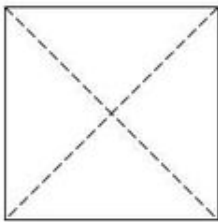
Fold it over like this.



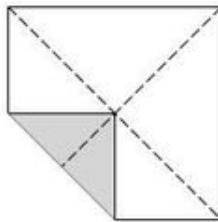
Unfold it.



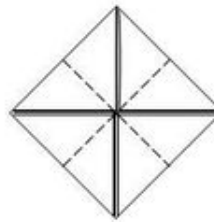
Now fold it the other way.



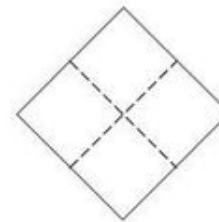
Unfold it and your paper should look like this.



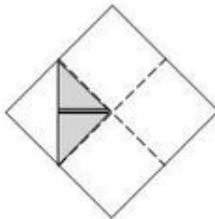
Fold all 4 corners to the center of the square so the points just touch it.



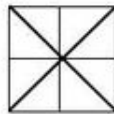
Your paper should look like this.



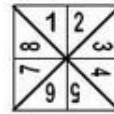
Flip your paper over so the folds you just made are turned down.



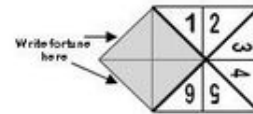
Fold the corners to the center again.



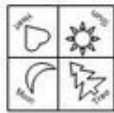
Your paper should look like this.



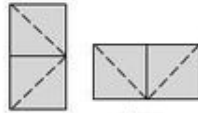
Write the numbers 1-8 as shown above. Two on each flap.



Add your 8 fortunes by lifting each flap and writing a fortune under each number.



Flip your paper over and add a color or a different object you can spell to each section.



Fold it sideways like Figure 1 then unfold it. Now fold it up like Figure 2.



Put your fingers under the 4 open corners.



Here is how it looks finished and open.

Cut out the square below and follow the instructions on the previous page to assemble your chatterbox.

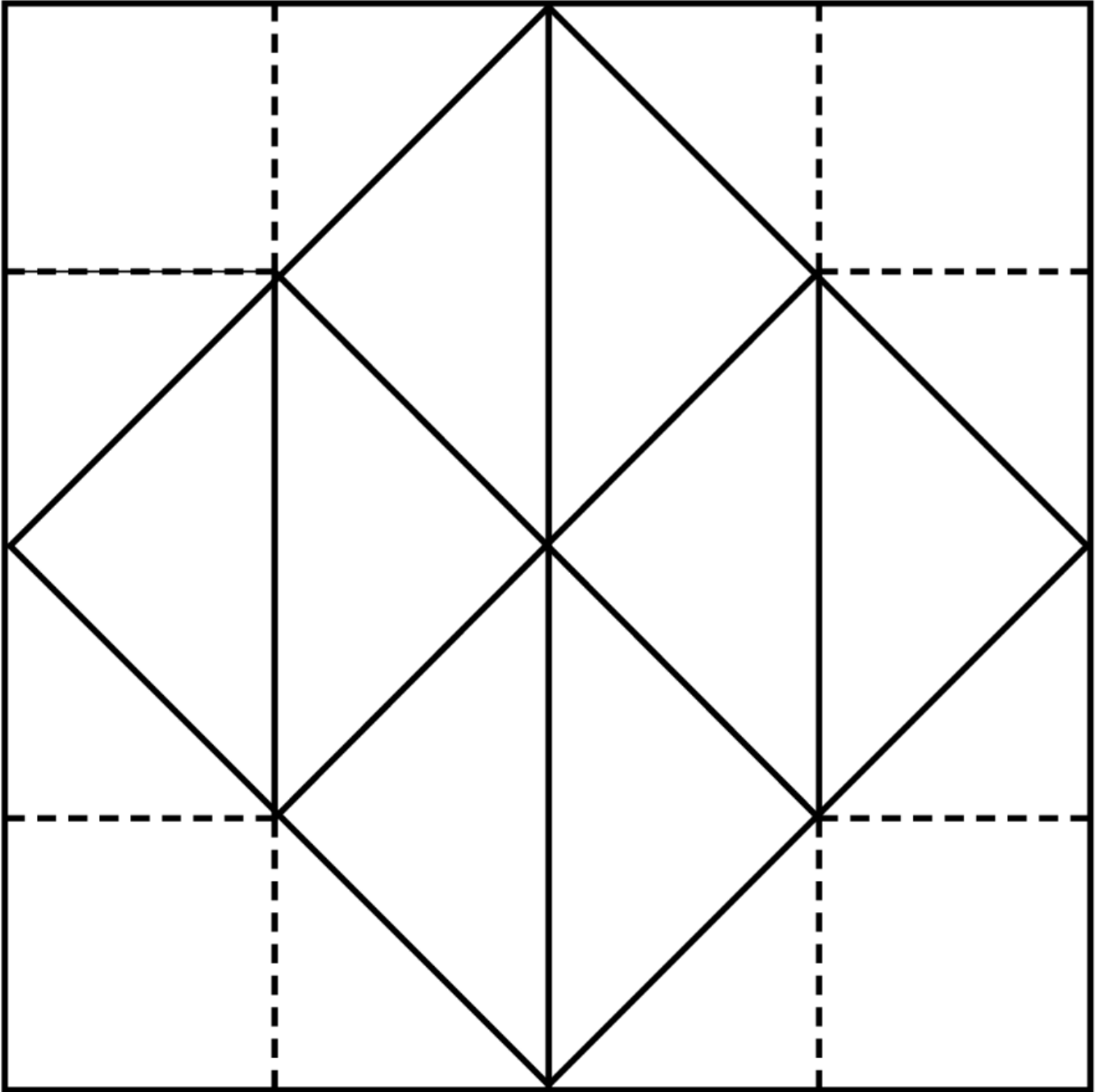
The square is divided into eight numbered sections by solid and dashed lines. Each section contains a prompt and a decorative watercolor spot.

- Section 1:** Prompt: "What was the last thing you did to help a friend?" (Watercolor spot: blue)
- Section 2:** Prompt: "Name a time you were brave." (Watercolor spot: red)
- Section 3:** Prompt: "Name something you are proud of that you have done." (Watercolor spot: pink)
- Section 4:** Prompt: "Name something you are proud of that you have done." (Watercolor spot: blue)
- Section 5:** Prompt: "Name a time something was hard but you never gave up." (Watercolor spot: teal)
- Section 6:** Prompt: "Name 3 strengths of yours." (Watercolor spot: pink)
- Section 7:** Prompt: "My friends would describe me as:" (Watercolor spot: red)
- Section 8:** Prompt: "My family would describe me as:" (Watercolor spot: teal)

Additional prompts in the central diamond-shaped areas:

- Top diamond: "My teacher would describe me as:"
- Bottom diamond: "My friends would describe me as:"

Cut out the square below and follow the instructions on the previous page to assemble your chatterbox.



ROLL THE DICE

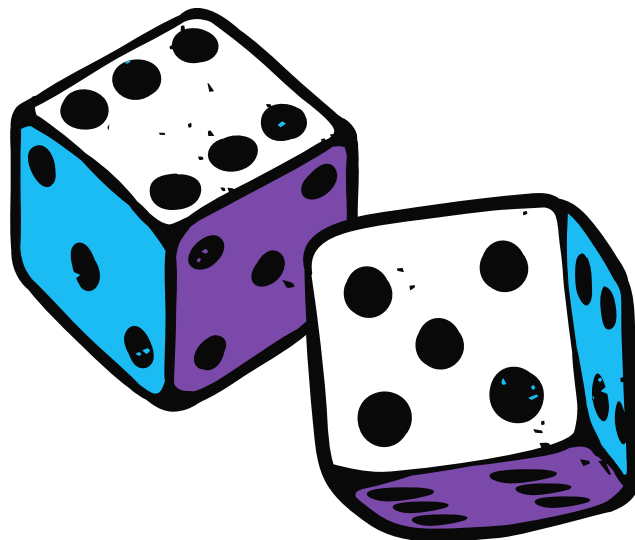
Purpose of the Activity: Development of Emotional Vocabulary, Emotional Expression, Self-Reflection, and Gratitude.

You Will Need: The templates below (printed), writing/drawing materials.

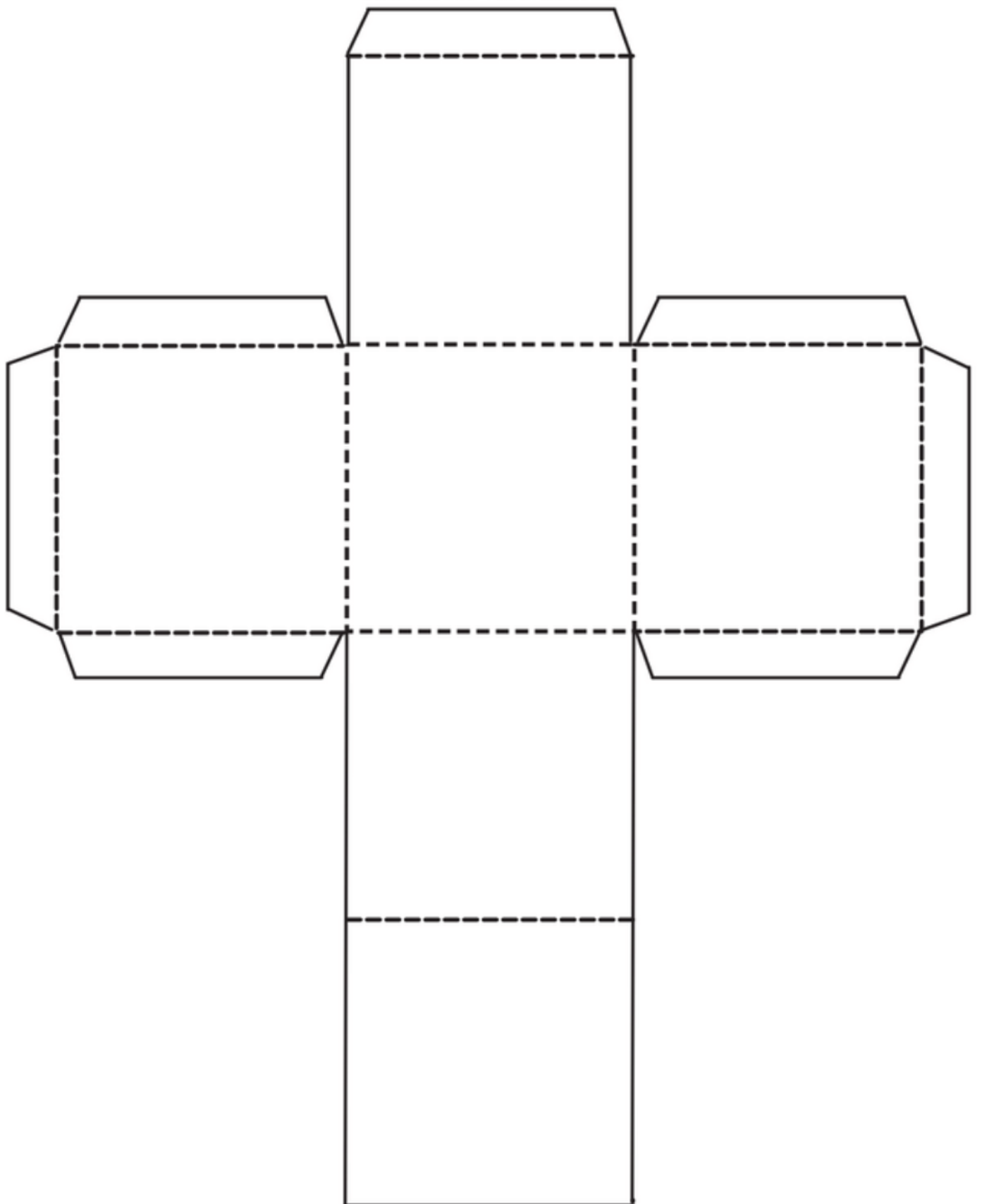
How to Implement The Activity: I absolutely love this activity! If you don't have a printer, you can just use markers and create your own colour wheel on a scrap piece of paper. If you've been following me for a while, you would have already seen me post something similar to this on my feed. It's an activity I use frequently!

The purpose of the activity is to turn conversations about emotions, self-love, and gratitude into an interactive game. I have included a few templates for you, including a blank one. You can make this activity into any sort of learning lesson! Simply encourage children to take turns and answer the questions on the dice, or think of a time that made them feel the emotion on the dice.

I have also included a template for yoga poses, which is a really nice mindfulness and reset task for children. Basically, everyone can take turns rolling the dice, and whatever pose gets landed on, has to be held for 45 seconds. It's a great way to incorporate a quick mindfulness or sensory break into the day, but also helps when transitioning back into school work after a break.

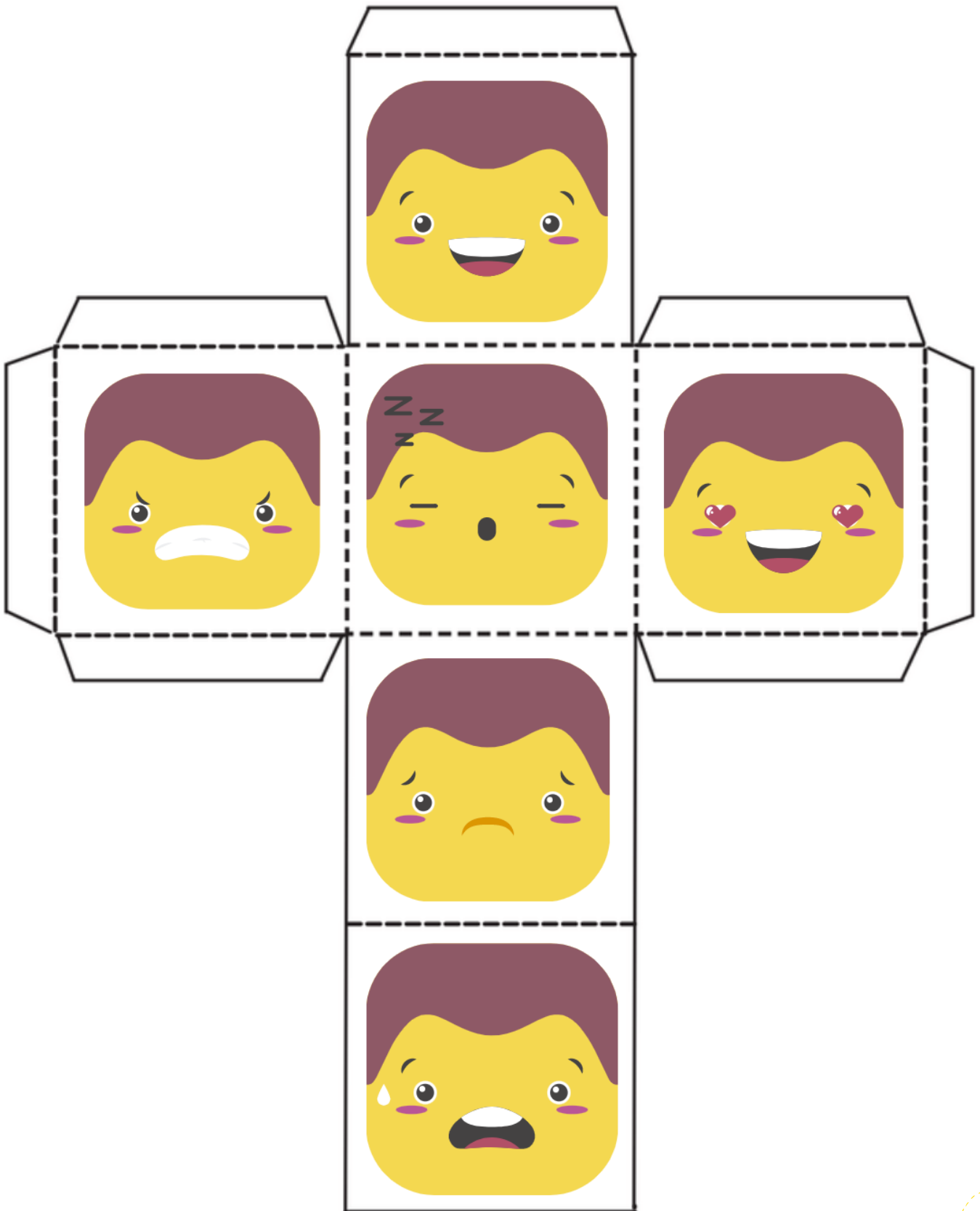


Cut on the SOLID lines.
Fold on the DASHED lines.



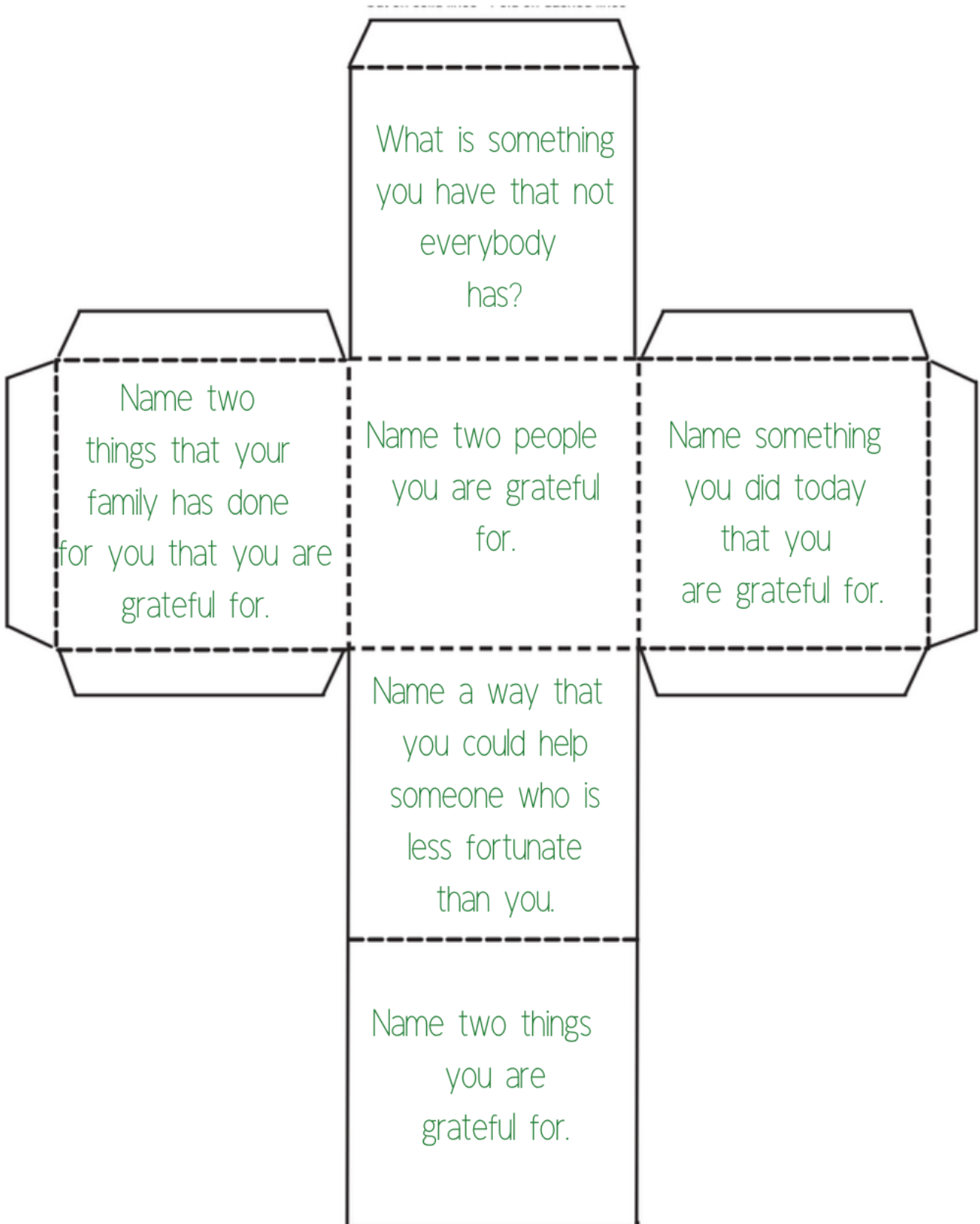
Cut on the SOLID lines.
Fold on the DASHED lines.

Children can take turns acting out feelings, talking about triggers to feelings, or exploring different words for feelings.



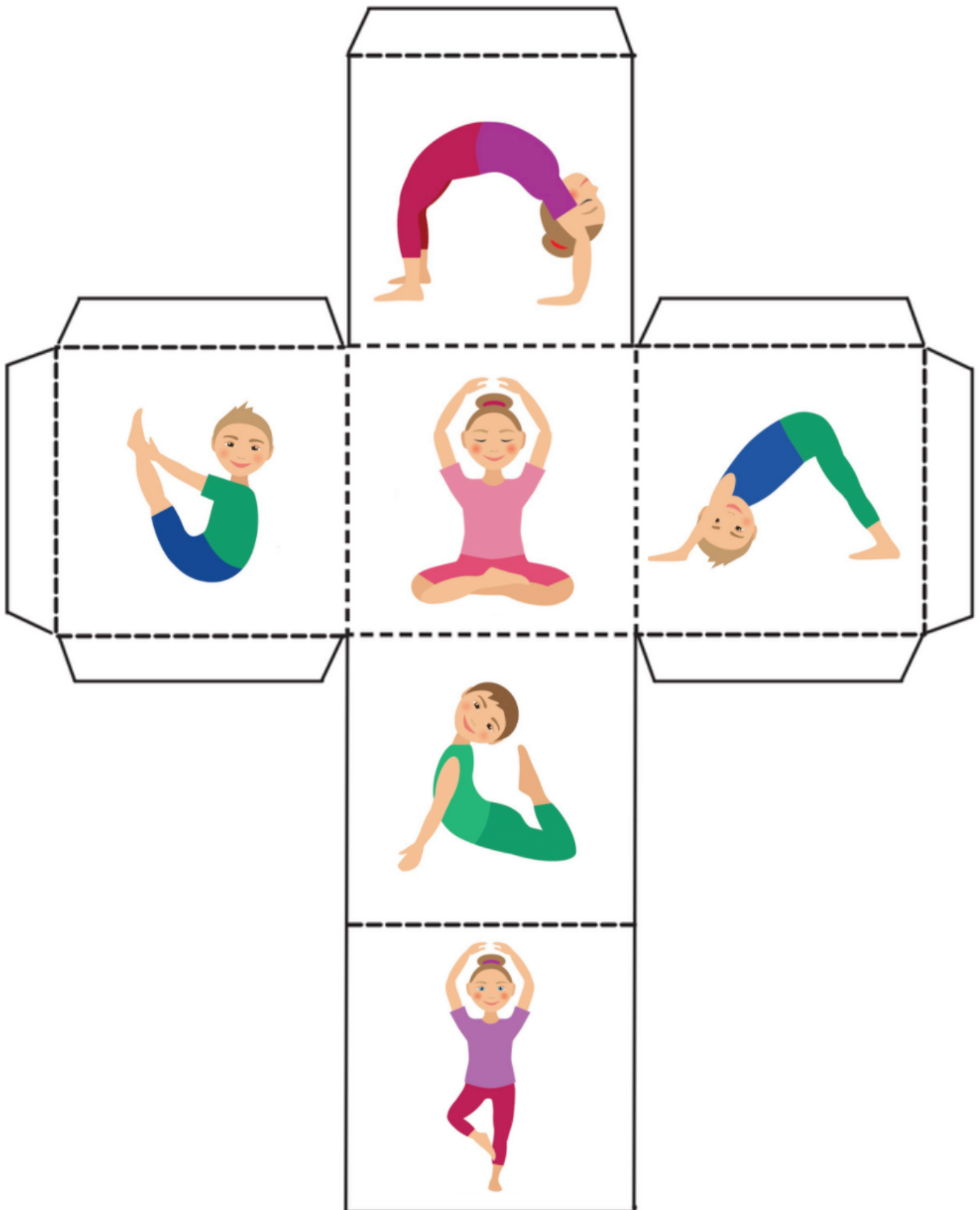
Cut on the SOLID lines.
Fold on the DASHED lines.

Gratitude Cube.



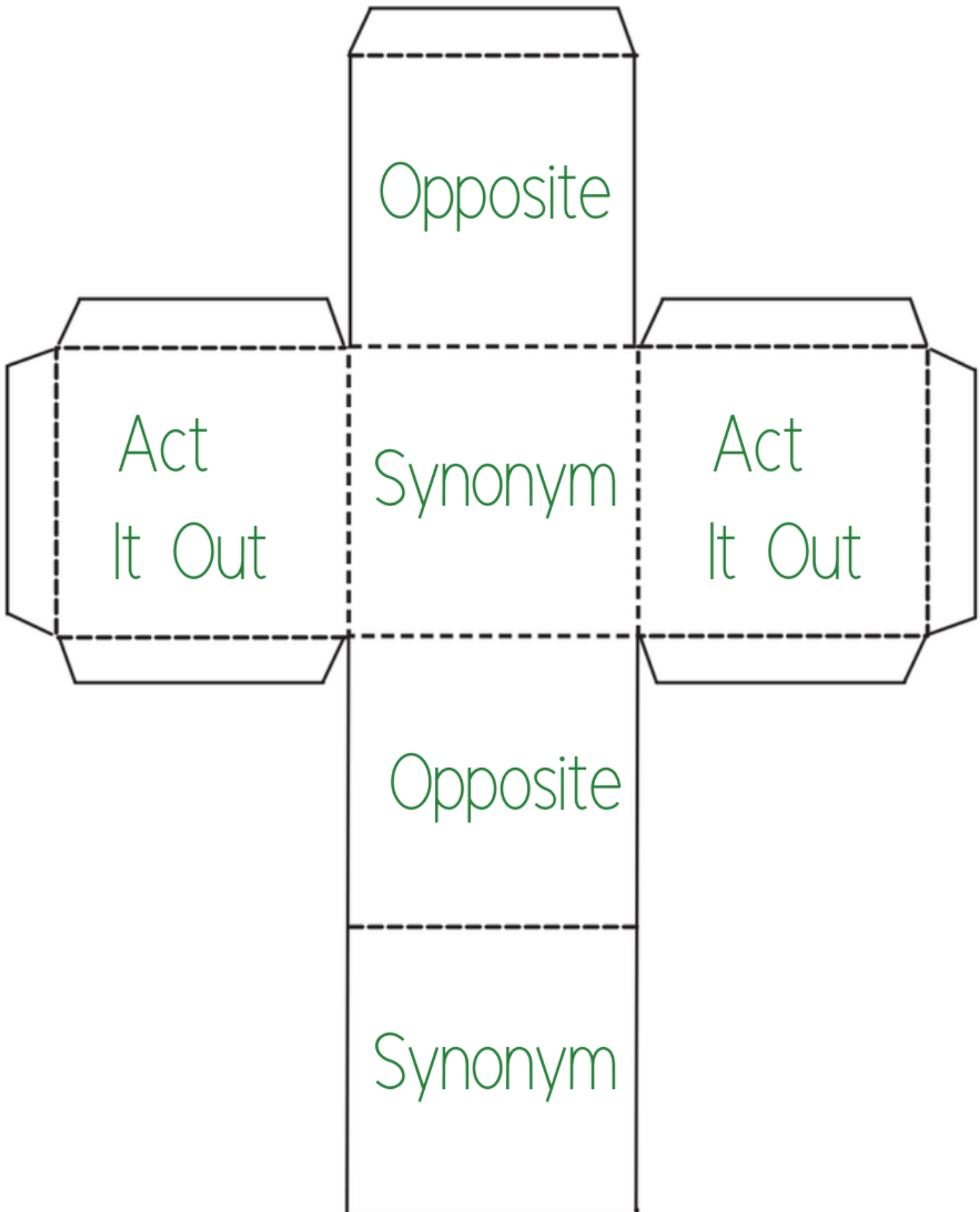
Cut on the SOLID lines.
Fold on the DASHED lines.

Yoga Cube.



Cut on the SOLID lines.
Fold on the DASHED lines.

Emotion Cube. Suggest an emotion and ask children to roll the dice.
Use the prompts on the dice to explore that emotion.



SELF-ESTEEM BINGO

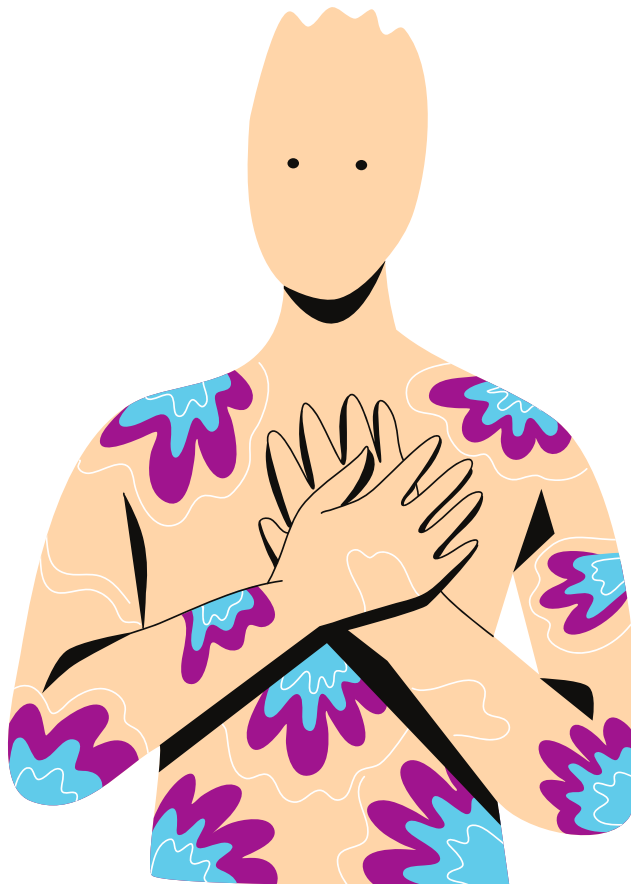
Purpose of the Activity: To encourage self-esteem.

You Will Need: The template below, printed.

How to Implement The Activity: This bingo activity was designed to help children with self-esteem during extended periods of time at home. It can be used with all ages and are really useful in showing children and teens that they are actually able to achieve more than they realise, even if they have to stay home!

I would set this as a weekly task and perhaps come up with a reward they can give themselves (i.e., a movie night, a special treat, a bubble bath etc) if they are able to cross everything off their lists.

They may need some help with a few of the tasks, depending on their age, or may need help understanding some of the tasks, but that's ok! The most important thing is that they achieve everything, every week!



Self - Esteem Bingo

MASTERED A NEW SKILL	LET NEGATIVE THOUGHTS GO	DID SOMETHING OUTSIDE OF MY COMFORT ZONE	DID SOMETHING CREATIVE OFTEN	CAME UP WITH SOME POSITIVE SELF TALK
EXPRESSED MY FEELINGS	LEARNT FROM MY MISTAKES	FACED A FEAR	MANAGED MY TIME WELL	MADE TIME FOR REST OR A FUN ACTIVITY
EXERCISED	PRACTICED A HOBBY	<i>Free</i>	I KEPT TRYING WHEN THINGS GOT TOUGH	I WAS KIND TO MYSELF
TOOK MY OWN ADVICE	REMINDED MYSELF THAT I AM ENOUGH	I AM.....	DID NOT GIVE UP	ASKED FOR HELP
HELPED SOMEONE	STOPPED WORRYING ABOUT WHAT OTHERS THINK	I AM....	READ A BOOK	LEARNT SOMETHING NEW

'I AM' POSTER

Purpose of the Activity: Self-Esteem Development

You Will Need: Cardboard, writing materials, an old magazine, a laminator and laminating pouches (optional).

How to Implement The Activity: Follow the script Below:

There are so many amazing things about you! Sometimes it can be hard to remember all those things. To remind you of how important you are, we are going to create a poster that you can put on your bedroom wall. We are going to use these magazines to find images and words to add to your poster. Make sure the words and images you choose remind you of YOU and your hobbies. You can also think of other things that make you happy or proud. Make sure to use colours that you like and make you HAPPY.



For More Activities...

The At Home Emotion Activity Workbook: \$10

<https://www.theplayfulpsychologist.com/product-page/the-at-home-emotion-activity-workbook>

The Friendship Workbook and Journal: \$8

<https://www.theplayfulpsychologist.com/product-page/friendship-workbook-triumphs-difficulties>

The Child Affirmation Pack: \$5

<https://www.theplayfulpsychologist.com/product-page/child-affirmation-pack>

The Gratitude Workbook & Journal: \$8

<https://www.theplayfulpsychologist.com/product-page/gratitude-workbook-journal>

Acts of Kindness, Friendship, and Respect: \$3

<https://www.theplayfulpsychologist.com/product-page/acts-of-kindness-friendship-and-respect>

My Mind is Full: Explaining Negative Thinking to Children: \$3

<https://www.theplayfulpsychologist.com/product-page/my-mind-is-full-explaining-negative-thinking-to-children>

Emotion Vocabulary & Timetable: \$3

<https://www.theplayfulpsychologist.com/product-page/emotion-vocabulary-timetable-resource>

The Worry Workbook: \$2

<https://www.theplayfulpsychologist.com/product-page/worry-workbook-am-i-worried>

Please Note: all of the above products are digital downloads.