10 for 10
Ten Activities for when emotions run high

- Move
- Take the stage
- Smell the flower, blow out the candle
- Music
- Angry box
- Connect
- I spy
- Cozy corner
- Dance Party
- My idea
- My Photo
For Teachers and Caregivers:
You can use this worksheet in a few different ways:

• Children can use it to pick an activity they want to do when their emotions are running high.

• You can ask them to refer to it and choose the activity(ies) they want to do.

• Children can mark off the activities they do throughout the day/week.

Refer to the 10 for 10 Explanation sheet for more information about each activity. The activities are color-coded green, yellow, and red to match the Zones of Regulation sheet.