

10 for 10

Ten Activities for
when emotions
run high

My Self-Care Worksheet

Move



Music



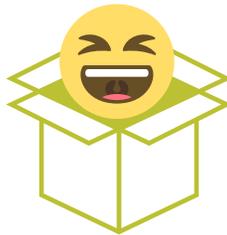
I spy



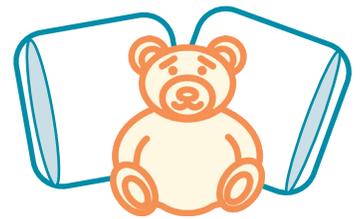
Take the stage



Angry box



Cozy corner



Smell the flower,
blow out the candle



Connect



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.

