DASHOMETRICS JR

EMPOWERING PSYCHOLOGICAL TOOLS

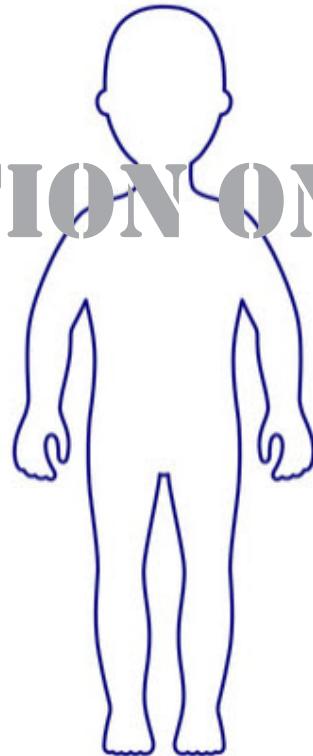## SELF REGULATION - 1

My Name _____   Date _____

Color your body with colors that show how you feel right now.

Close your eyes, breathe deeply, focus on your breath in and breath out. If you start to think about other things, dismiss those thoughts and return your focus to your breathing.
(Do this for 1 to 3 minutes.)

Now, color your body to reflect how you're feeling right now.

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