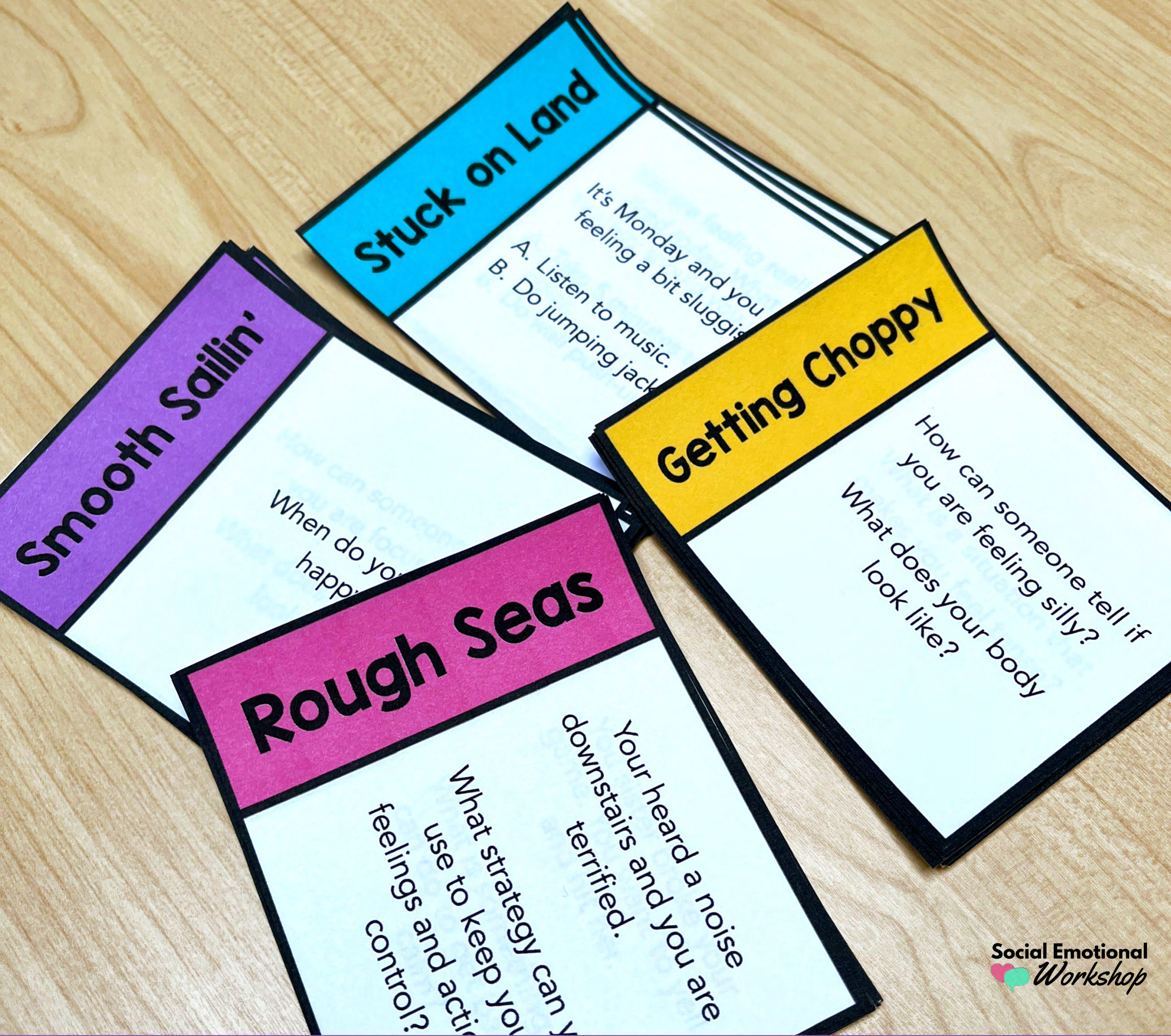


# SHIPWRECKED

## Self Regulation Game





## Stuck on Land

It's Monday and you're feeling a bit sluggish.

- A. Listen to music.
- B. Do jumping jacks.

## Getting Choppy

How can someone tell if you are feeling silly?  
What does your body look like?

## Smooth Sailing

When do you feel happy?

## Rough Seas

Your friend heard a noise downstairs and you are terrified.  
What strategy can you use to keep your feelings and actions in control?

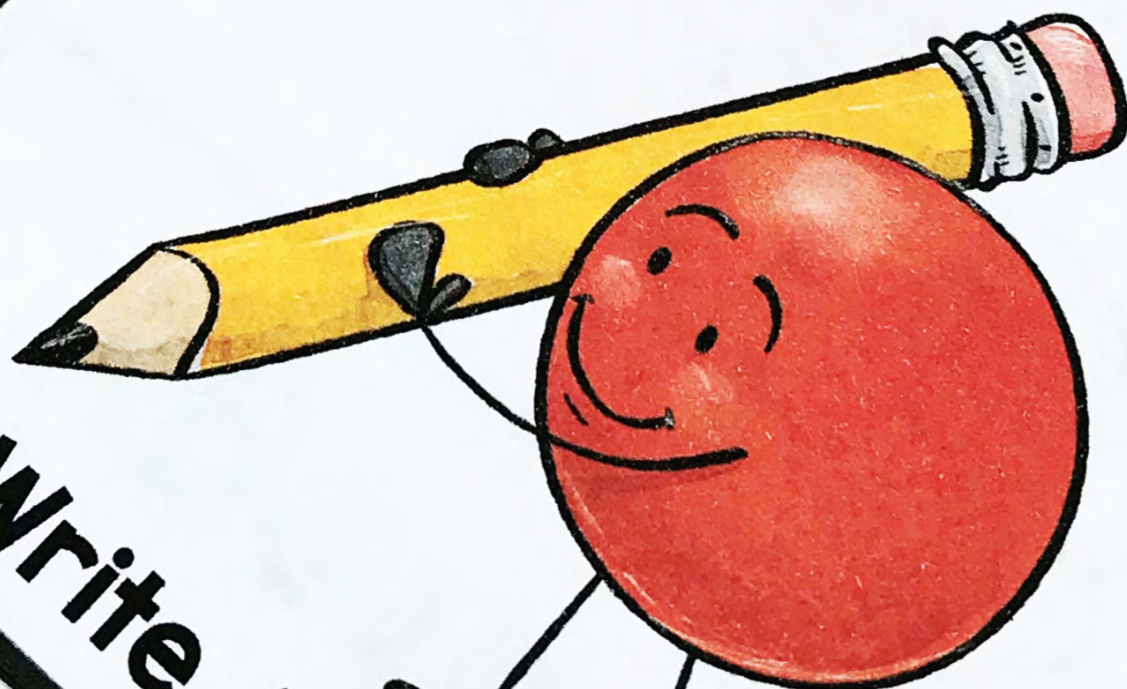
# 60 PLAYING CARDS

Furious



**FEELINGS &  
STRATEGY  
CARDS**

Strategy



Write A

feelings and  
them into  
egories.  
strate one  
eling.

# My Strategies

Smooth Sailing

Calm



Caution Ahead

Annoyed



Anchor Down

Rough Seas

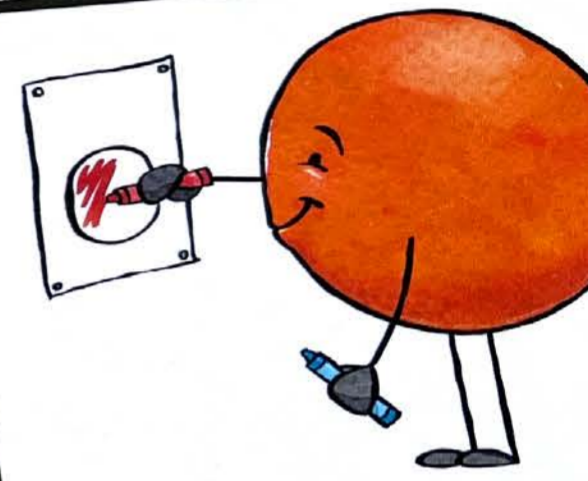
Furious



Thirsty



Strategy



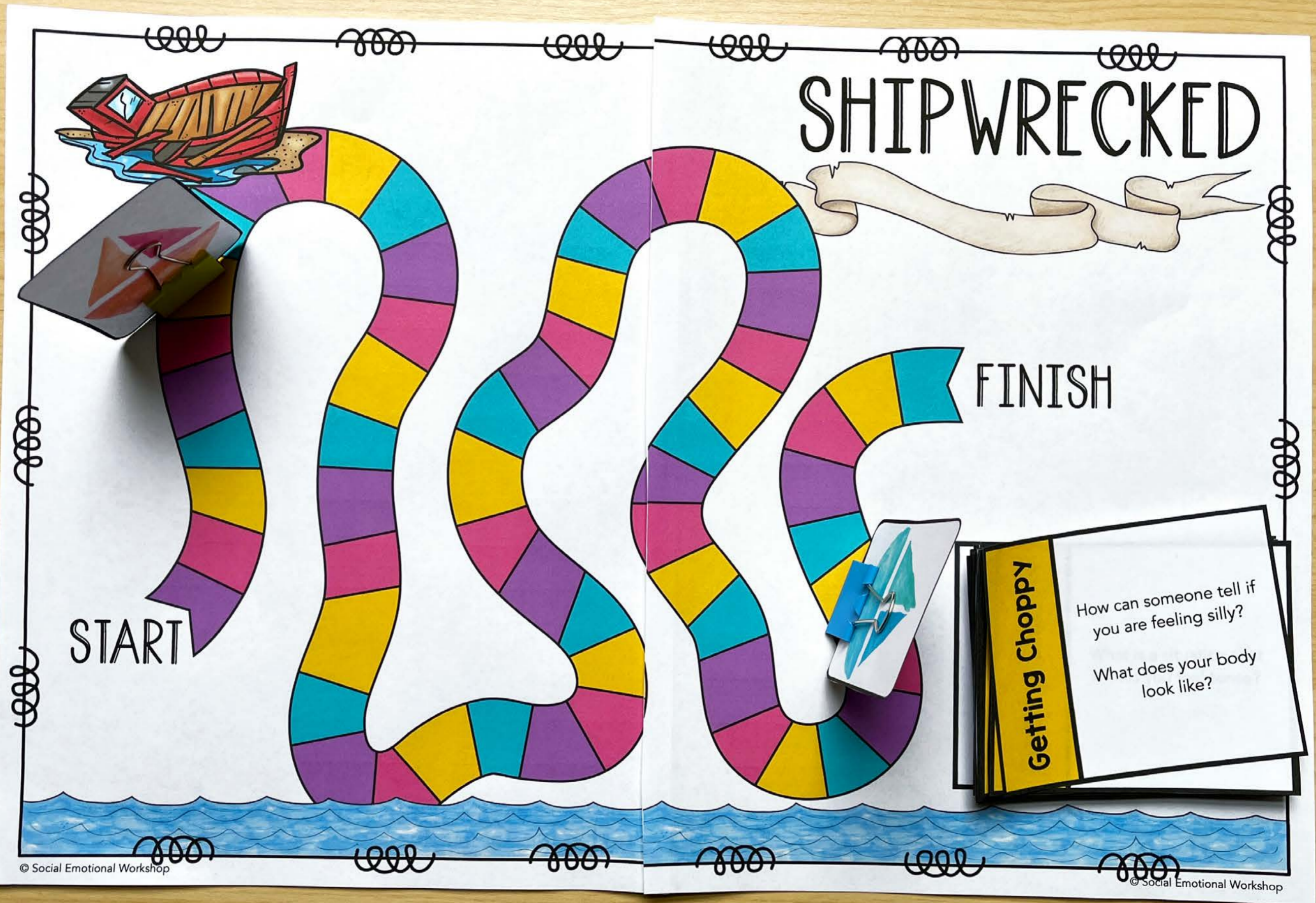
Doodle

Tired



# STRATEGY BUILDING ACTIVITY

LAMINATE OR USE FILE FOLDER



Social Emotional  
Workshop

PRINT & GO GAME BOARD