

Writing Prompts

Recognize:

When I get my favorite treat, I feel _____.

When I get left out of a game, I feel _____.

I feel happy when _____.

I feel lonely when _____.

I feel angry when _____.

Express:

People know I'm feeling _____

when I act _____.

When I feel _____,

I could express myself by _____.

Regulate:

When I feel _____, I can _____
_____ to help myself calm down.

When I feel _____, I can _____
_____ to keep myself balanced.