



# WIPE OUT FEELINGS

## A Self-Regulation Tool

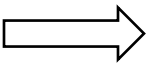
*FOLLOW THESE 3 STEPS TO HELP CHILDREN LEARN DIFFERENT RESPONSES TO STRONG FEELINGS. BEFORE using, use the “FEELING CHECK WHEEL”.  
If in RED ZONE (high emotion), help child get to calm using strategies they’ve learned: deep breathing, body hugs and other pressure points (moustache, palm press), etc.*

1

### My feelings look like this.

*Accept ANYTHING child draws for feelings – strong black lines to an angry face. Use feeling labels. EX: “It looks like you feel really hurt, confused, mad, etc..”*

*IMPORTANT - Before moving to #2--If needed --remind child to use calming strategies to work through strong feelings with #2 & #3 steps.*



2

## This is what happened.

*Try to get child to draw and say what happened to cause them to be upset.  
Accept anything they say for now. Don't retell your version.*

3

## What I can do.

*Discuss and have child draw positive ways the child can handle strong feelings. EX: "When someone takes something you want, what can you do? \_\_\_\_\_"; or "When you don't want to do something I ask, what can you do? \_\_\_\_\_" ; or "When you feel \_\_\_\_\_, what can you do?"*

**TIP:** If the child has hurt another person or object, be sure to discuss what they need to do to repair a friendship or damaged object



TO BOOST FOLLOW THROUGH ---- Praise child often when you see him/her using the above ideas.

