

EMOTIONAL REGULATION REWARDS

Name: _____

Week Of: _____

CALMING STRATEGY USED	M	T	W	T	F	S	S
Deep Breathing (Box Breathing)							
Naming the Emotion							
Requesting a Sensory Break							
Using Positive Self-Talk							
Physical Movement / Stretching							

CALMING STRATEGY USED	M	T	W	T	F	S	S
Journaling or Drawing Feelings							

Reward Goals:

Small Reward (5 Checks): _____
Medium Reward (15 Checks): _____
Weekly Goal (Total Points): _____

Note: This chart is a tool for positive reinforcement. Focus on the effort used to regulate emotions rather than the outcome of the situation.