

Emotional Response Strategies List

Directions:

Use the planner below to think about the emotions you expect to feel during the day. Talk with others about the strategies that they use when they have strong feelings and need something to do with them.

When I feel:

I can:

When I feel:

I can:

When I feel:

I can:

When I feel:

I can:

If I have strong feelings and don't know what to do, I know I can get support from:



Source: Turnaround for Children, www.turnaroundusa.org