

Conversation Cards about Emotional Regulation by **MIGHTIER™**

 <p>When I get overwhelmed, sometimes I...</p>  <p>16</p>	 <p>I feel really excited when...</p>  <p>15</p>	 <p>It is hard to ask for help when...</p>  <p>25</p>
 <p>Nobody knows that I feel anxious about...</p>  <p>9</p>	 <p>When I feel anxious, my stomach feels like...</p>  <p>4</p>	 <p>Something I wish other people knew about me is...</p>  <p>34</p>
 <p>If anger was an animal, it would be a...</p>  <p>16</p>	 <p>Something I'm really proud of myself for is...</p>  <p>22</p>	 <p>The hardest part about doing a group activity, project, or game is...</p>  <p>32</p>

Challenge Cards

 <p>Describe the sound of calm.</p>  <p>50</p>	 <p>Stand on one leg and take 5 slow, deep belly breaths.</p>  <p>44</p>
 <p>Draw the shape of how you felt today.</p>  <p>45</p>	 <p>Try to get your heart rate up without moving. How did you do it?</p>  <p>42</p>
 <p>Communicate an emotion to a partner without using words. Can they guess what it is?</p>  <p>50</p>	 <p>Do 10 jumping jacks, then close your eyes and notice your heart rate.</p>  <p>37</p>