

# Emotional Regulation Activities for Kids

1

## Emotional Regulation Skills



The ability to process & regulate emotions in a healthy way at an appropriate time.

2

## Executive Functioning Skills



A set of skills controlled by the executive center of the brain. Includes planning, impulse control, flexible thinking, & more.

3

## Emotional Intelligence



The ability to discern, observe, and evaluate the emotions of oneself & others.

4

## Social Emotional Skills



Understanding that others have thoughts, feelings, & perspectives that are different from our own. Additionally, an awareness that one's behaviors impact others.

# Emotional Intelligence For Kids Step By Step

**Zhe Xu**



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