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SELF-REGULATION CHALLENGE

Practice a different technique each day for 30 days!



Let 10 seconds go by before reacting to something.



Act out a calm reaction to something that bothers you.



Create a "calm body" pose for next time you get angry.



Next time you feel angry, go wash your hands. Practice this.



Draw what your anger would look like if it were a character.



Write what your anger would say if it started talking.



Listen to everyone fully before speaking today.



Take a 15-minute vow of silence.



Point to all the places you feel anger in your body.



Sing negative thoughts like a funny song.



Do something kind for someone else.



Write down 3 things you're grateful for that happened this week.



Listen to someone today without interrupting them at all.



Create a 'calm down jar' with glitter and water.



Write one goal you have for changing a certain behavior.



Forgive yourself for having big reactions. Say, "I'm human."



Write a letter about how anger makes you feel (without sending it).



Find a quiet place and practice mindfulness for 5 minutes.





Write down 5 ways to calmly react to big emotions.



Write down an alternative to one behavior you want to change.



Spend 7 minutes in nature today.



Take 5 deep breaths at least 3 times today.



Explain the difference between "feeling" and "reacting" to anger.



Walk away from a situation that bothers you today.



Say a sentence in a calm voice and then an angry voice. Notice the difference.



O Delay something you really want to do or say by 5 minutes.



Write the last 3 feelings you had and why you had them.





Write about how one of your heroes reacts to anger.



Reflect on how awesome you are.



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HOW TO USE THIS PRINTABLE

Help kids cultivate social and emotional learning skills with these highly doable (and really fun) microchallenges.

Print out the 30-day Self-Regulation Challenge poster and incorporate one technique into your life at home or in the classroom each day.

Take on each challenge in order, or mix it up! Kids can even choose which technique they'll try. Check off the ones that you've done for a sense of progress. Carve out some time each day to discuss how it's going.

Feel free to modify the challenges to suit the context of a child's life. Want to go above and beyond? Ask kids to create their own challenges!



Members also get the 30-day Empathy and 30-day Conflict Resolution Challenges! Learn more about <u>membership here</u>.





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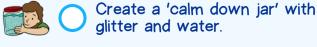
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Cutting-edge Tools to Raise Resilient Kids & Teens

GoZen! members get a suite of social and emotional learning tools:

- 9 animated programs + 1 live-action challenge program
- 150+ expert interviews for parents or professional development
- Searchable printable library with new content every week



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Anxiety/Stress Relief

Animated Program



GoStrengths!Well-being/Resilience
Animated Program



Growth Mindset
Animated Program



GoCharge!

Anger Transformation

Animated Program



GoToTheNow!

Mindfulness

Animated Program



GoPositive!
Negative Thought Relief
Animated Program



GoMindset!Growth Mindset
Animated Program



GoAction!Anger Transformation
Animated Program



GoHackify!
OCD Relief
Animated Program



Anger Challenge
Anger Transformation
Live-Action Program



Experts On-Demand
Expert Interviews,
Workshops and more



Printable Library
Activity Kits, Journals,
Flashcards and more