



30
DAY

SOCIAL & EMOTIONAL LEARNING CHALLENGES

30 SELF-REGULATION DAY 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.
-  Breathe in for 4, hold for 7, out for 8. Repeat three times.
-  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.
-  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.



HOW TO USE THIS PRINTABLE



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

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 [membership here](#).



30 DAY SELF-REGULATION CHALLENGE

Practice a different technique each day for 30 days!



Cross your arms and count to ten before reacting to something today.



Write one goal you have for changing a certain behavior.



Act out a calm reaction to something that bothers you.



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



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



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



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



Find a quiet place and practice mindfulness for 5 minutes.



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



Write down 5 ways to calmly react to big emotions.



Write what your anger would say if it started talking.



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



Listen to everyone fully before speaking today.



Spend 7 minutes in nature today.



Take a 15-minute vow of silence.



Take 5 deep breaths at least 3 times today.



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



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



Sing negative thoughts like a funny song.



Walk away from a situation that bothers you today.



Breathe in for 4, hold for 7, out for 8. Repeat three times.



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



Do something kind for someone else.



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



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



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



Listen to someone today without interrupting them at all.



Write about how one of your heroes reacts to anger.



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



Reflect on how awesome you are.

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
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