

## Cognitive Behavioural Strategies

In the resources for this strategy you will find tip sheets, examples and templates. The templates are in two different versions-PDF and Boardmaker. You will need to have access to the Boardmaker program or a subscription on your computer to open the Boardmaker files and make changes.

- Why am I upset and what will help: This template can be customized based on a student's triggers and their personal self regulation tools.
- Size of problem template: This template helps children understand if a problem is big or little to better manage their reactions. To teach size of the problem, refer to *The Zones of Regulation* curriculum, pages 122-126.
- Break card: This can help students communicate when they need a break. It can also remind them of their self-regulation strategies
- Example
- Template
- All self regulation tools