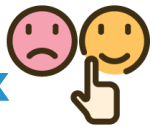
Overview of 'Self-regulation of Affect' Toolbox 

Emotional Awareness  (Click here for the related tools)

'Emotional awareness' is the foundation of managing our feelings. It means noticing how we feel, naming those feelings, and understanding our current mood. By paying attention to how strong our emotions are, noticing physical signals, and connecting our feelings with our thoughts, we can see what we truly need, and learn to accept and live with our feelings. When emotions become overwhelming, accurately spotting our feelings creates a mental buffer, keeping us from overreacting or being swept away by them. Also, if we know what triggers our mood swings, we can prepare ahead and use the right strategies to calm and regulate our emotions.

Suitable situations:

- Finds it hard to identify and name current emotions accurately.
- Is unable to notice how strong feelings are or spot warning signs before an outburst.

Relevant tools		Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
2a.	Mindfulness Practice	✔	✔	✔	✔	✔
2b.	Feeling Detector	✔	✔	✔	✔	✔
2c.	Emotion Thermometer	✔	✔	✔	✔	✔
2d.	Stress Meter	✔	✔	✔	✔	✔

Suitable situation:

- Is unaware of what triggers mood swings and struggles to understand the unmet needs behind them.

Relevant tools		Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
2c.	Emotion Thermometer	✔	✔	✔	✔	✔
2d.	Stress Meter	✔	✔	✔	✔	✔
2e.	Mood Journal	✔	✔	✔	✔	✔
2f.	Volcano Adventure Log	✔	✔	✔	✔	✔
2g.	Social Perspective Map					✔

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Emotional Regulation  (Click here for the related tools)

'Emotional regulation' means flexibly using the right strategies to adjust and express how we feel, so that our actions match both our own needs and what the situation requires. Regulating our emotions effectively helps us keep a stable state of mind to handle daily tasks and boost productivity. It also helps protect both our physical and mental well-being, as well as maintain good relationships with others.

Suitable situation:

- Struggles to stay calm when facing emotions, often becoming overwhelmed and compromising rational judgement and behaviours.

Relevant tools		Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
2b.	Feeling Detector	✔	✔	✔	✔	✔
2h.	Relaxation Exercise	✔	✔	✔	✔	✔

Suitable situations:

- Is unable to flexibly choose and apply effective strategies to regulate emotions based on the situation and the intensity of emotions.
- Relies on limited emotion regulation strategies, lacking a variety of flexible options to deal with different circumstances.

Relevant tools		Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
2c.	Emotion Thermometer	✔	✔	✔	✔	✔
2d.	Stress Meter	✔	✔	✔	✔	✔
2i.	Emotion Regulation Strategies	✔	✔	✔	✔	✔
2j.	Thought Makeover	✔	✔	✔	✔	✔
2k.	'Stop-Think-Choose-Act'	✔	✔	✔	✔	✔

Suitable situation:

- Needs to learn to monitor and evaluate the effectiveness of various emotion regulation strategies in order to adapt responses flexibly.

Relevant tools		Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
2e.	Mood Journal	✔	✔	✔	✔	✔

Suitable situation:

- Is easily affected by setbacks and often gets trapped in negative emotions that are hard to shake, which ultimately impacts overall psychological and behavioural well-being

Relevant tools		Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
2l.	Gratitude Journal	✔	✔	✔	✔	✔

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