

Self-Control Reset Sheet for Kids

A simple tool to help kids calm their body, use their words, and make a better choice.



Name: _____ Week of: _____

1

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HOW I FEEL

Right now, I might feel:

<input type="checkbox"/> Angry	<input type="checkbox"/> Overwhelmed
<input type="checkbox"/> Frustrated	<input type="checkbox"/> Left out
<input type="checkbox"/> Sad	<input type="checkbox"/> Disappointed
<input type="checkbox"/> Nervous	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Embarrassed	

My body may feel like:

<input type="checkbox"/> Tight fists	<input type="checkbox"/> Wanting to cry
<input type="checkbox"/> Fast breathing	<input type="checkbox"/> Wanting to yell
<input type="checkbox"/> Loud voice	<input type="checkbox"/> Shutting down

2

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SELF-CONTROL MEANS I CAN...

1	Notice my feelings	I pay attention to what my body and emotions are telling me.
2	Pause before I react	I can stop, breathe, and slow my body down.
3	Use calm choices	I keep my hands to myself, lower my voice, and stay safe.
4	Use my words	I can say what I need instead of yelling or shutting down.
5	Try again	I can reset and make a better choice, even after a hard moment.

3

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MY RESET PLAN — I CAN DO THIS!

Use these steps when big feelings happen!

STEP 1: Pause		<input type="checkbox"/> Stop my body <input type="checkbox"/> Keep my hands to myself <input type="checkbox"/> Stand or sit safely
STEP 2: Breathe		<input type="checkbox"/> Take 3 deep breaths <input type="checkbox"/> Breathe in slowly <input type="checkbox"/> Breathe out slowly
STEP 3: Calm My Body		<input type="checkbox"/> Relax my shoulders <input type="checkbox"/> Unclench my hands <input type="checkbox"/> Use a quieter voice <input type="checkbox"/> Look forward and listen
STEP 4: Use My Words		<input type="checkbox"/> "I need a break." <input type="checkbox"/> "I feel frustrated." <input type="checkbox"/> "Can you help me?" <input type="checkbox"/> "I need a minute." <input type="checkbox"/> "I'm ready to try again."
STEP 5: Make a Better Choice		<input type="checkbox"/> Try again <input type="checkbox"/> Go back calmly <input type="checkbox"/> Ask for help <input type="checkbox"/> Solve the problem respectfully

4

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MY RESET CHECK-IN

What happened? _____

What helped me calm down? _____

What is one better choice I can make now? _____

I am proud because... _____

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PARENT TIP

- Self-control is not about never having big feelings.
- Help your child calm their body first.
- Encourage them to use words and try again.
- Praise pausing, asking for help, and making a better choice.

"Let's calm your body first."

"Take a breath and reset."

"Use your words."