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Publishers

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Frustration
Anxiety
Sensory Processing
Anger Management
Emotional Regulation

SELF-CONTROL CERTIFICATE

CONGRATULATIONS!

You have mastered the superpower of

.....

Date:

Adult signature:

Self-Control's Signature: Self-Control



SELF-CONTROL DIPLOMA FOR
KNOWING ALL 15 SUPERPOWERS!

CONGRATULATIONS!

ON GRADUATING FROM

Self-Control's
Superhero School!

☆ You are now an ☆
Official Self-Control Hero!

Date:

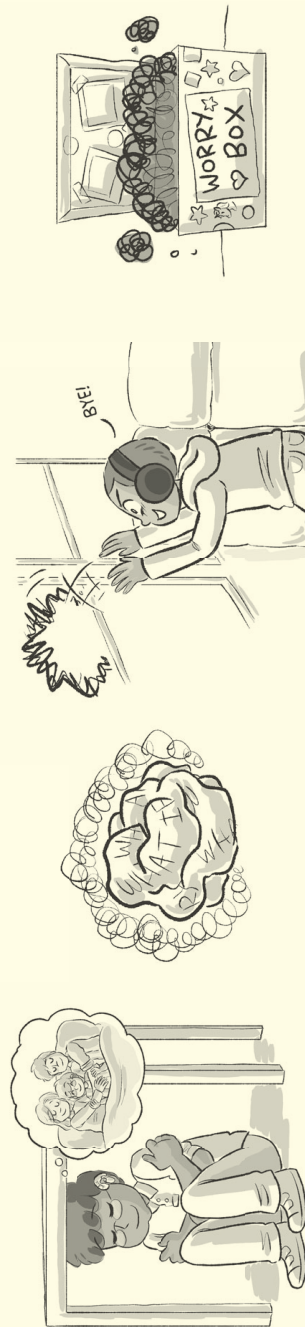
Adult signature:

Self-Control's Signature: Self-Control

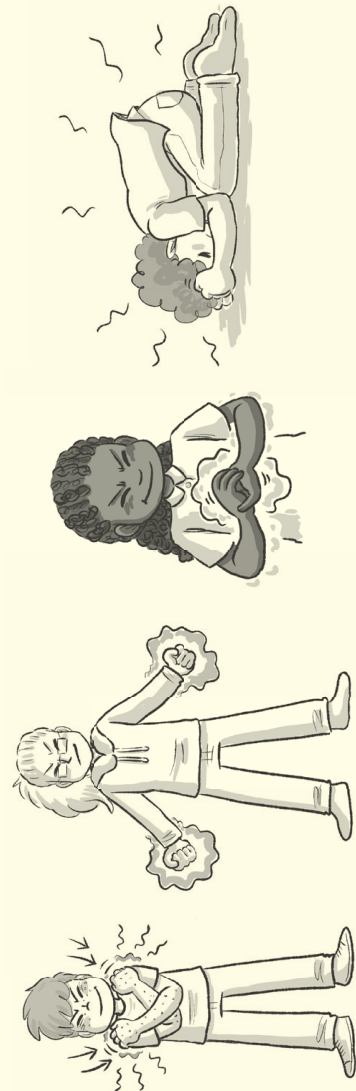
FRUSTRATION



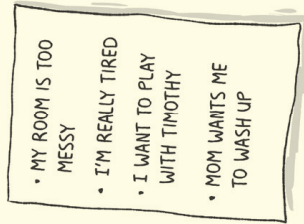
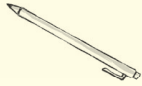
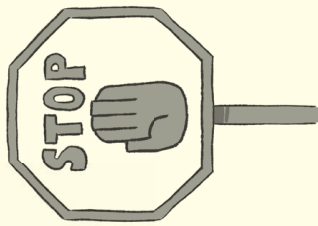
ANXIETY



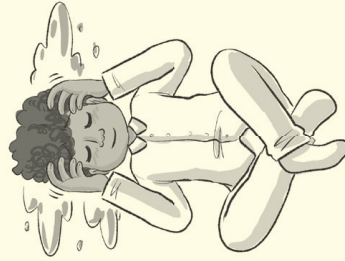
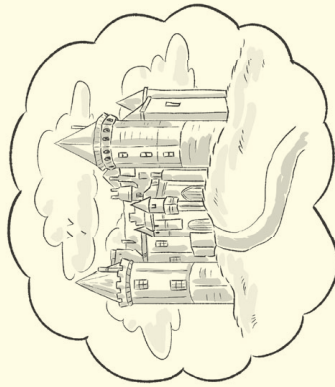
SENSORY PROCESSING



ANGER MANAGEMENT



EMOTIONAL REGULATION

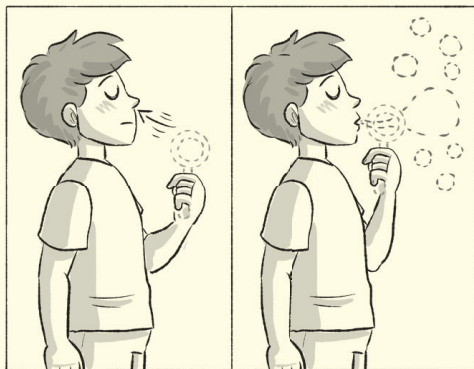


"AT A GLANCE" REMINDER CHARTS

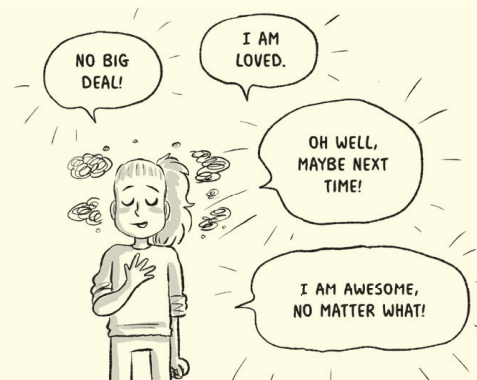
These charts correspond to each key point (i.e. superpower) and address each physical or emotional state of regulation (geared toward children but accessible for adults). You can download the charts from www.jkp.com/catalogue/book/9781805017554.

FRUSTRATION

Take a Deep Breath!



Make a Mantra!

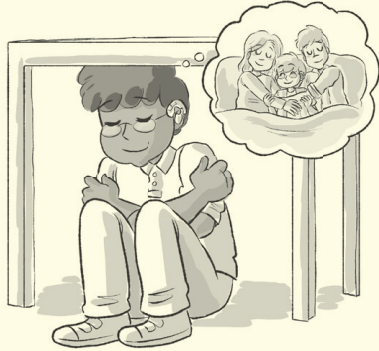


Use Your Words!



ANXIETY

Give Yourself a Hug!



Crumple Up Your Worries!



Throw Away Your Worries!



Make a Worry Box!

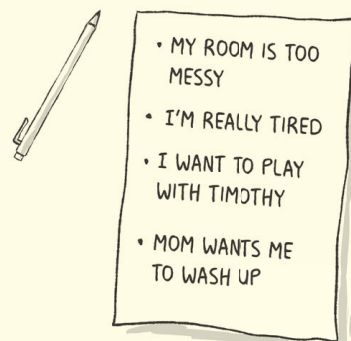


ANGER MANAGEMENT

Stop Sign!



Make a List!



SENSORY PROCESSING

.....

Push Your Wiggles!



Squeeze Your Wiggles!



Squash Your Wiggles!



Cocoon!



EMOTIONAL REGULATION

.....

Take Yourself to a Peaceful Place Inside!



Give Yourself a Head Massage!

