



### Activity:

## Department of Public Instruction's Emotional Regulation Plan

On the DPI website, there are [three emotional regulation plans](#) for different age groups of children. These plans are to be completed with youth about their emotional regulation strategies. These are helpful tools to share with your parents/caregivers to use with each child in their family. All adults can benefit from completing such plans for themselves and sharing them with those they would like support from when moving towards dysregulation. Suggest that parents/caregivers practice using the emotional regulation plans by completing their own!