



HUGO Bug WORLD

Emotional Regulation Tools Booklet



Name: _____



Doodle Page



This page is for you to doodle, scribble or write on! Just have fun!



We'd love to see your completed playsheets. Share on socials @hugabug_world

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Worry Tree

Draw or write down your worries on the Wise Old Tree. Then talk about them with someone who cares about you.



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Draw to Ten to Calm Yourself Down

Draw anything that comes to
mind in each box.

1

2

3

4

5

6

7

8

9

10



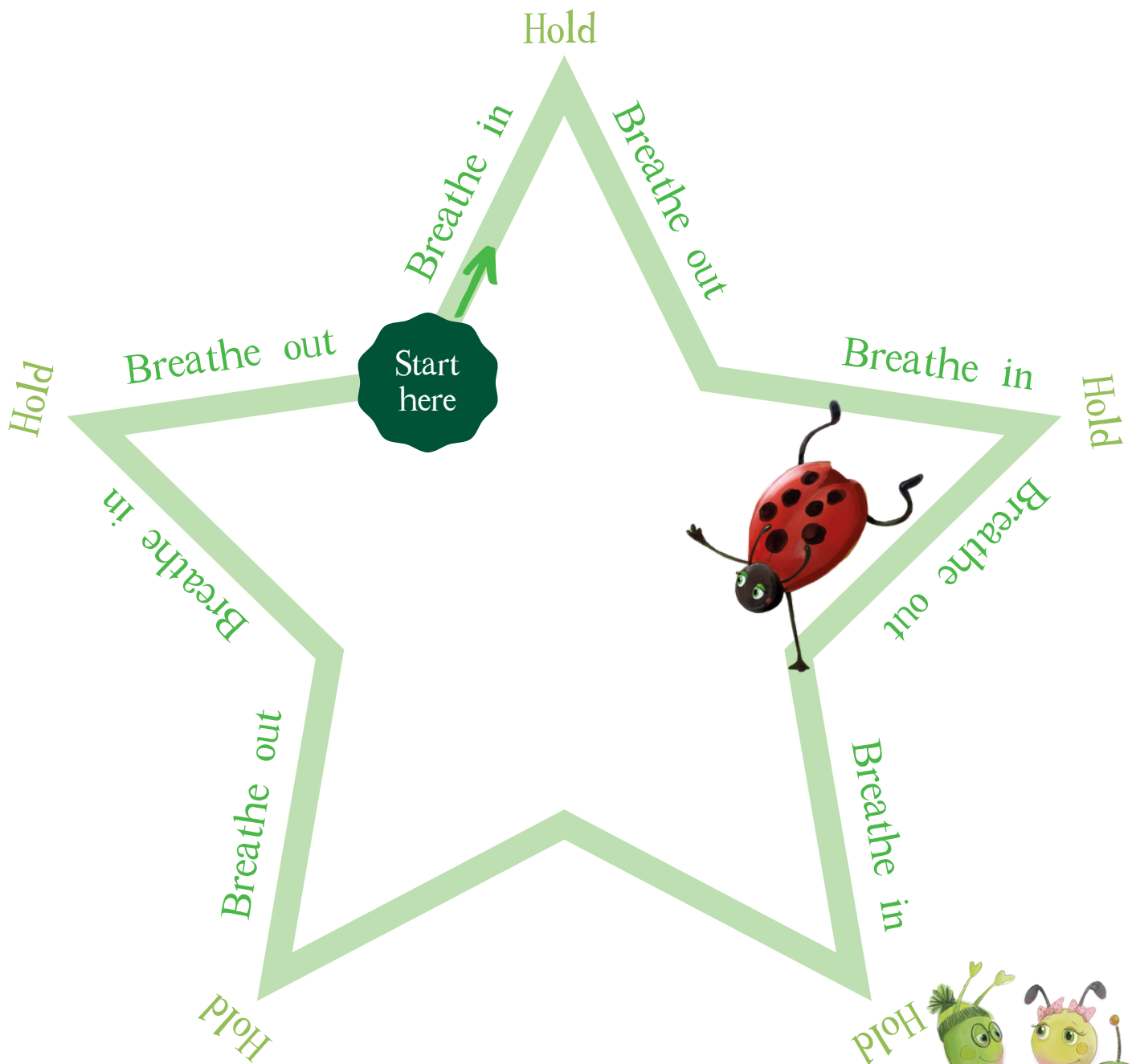
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Calm yourself with a

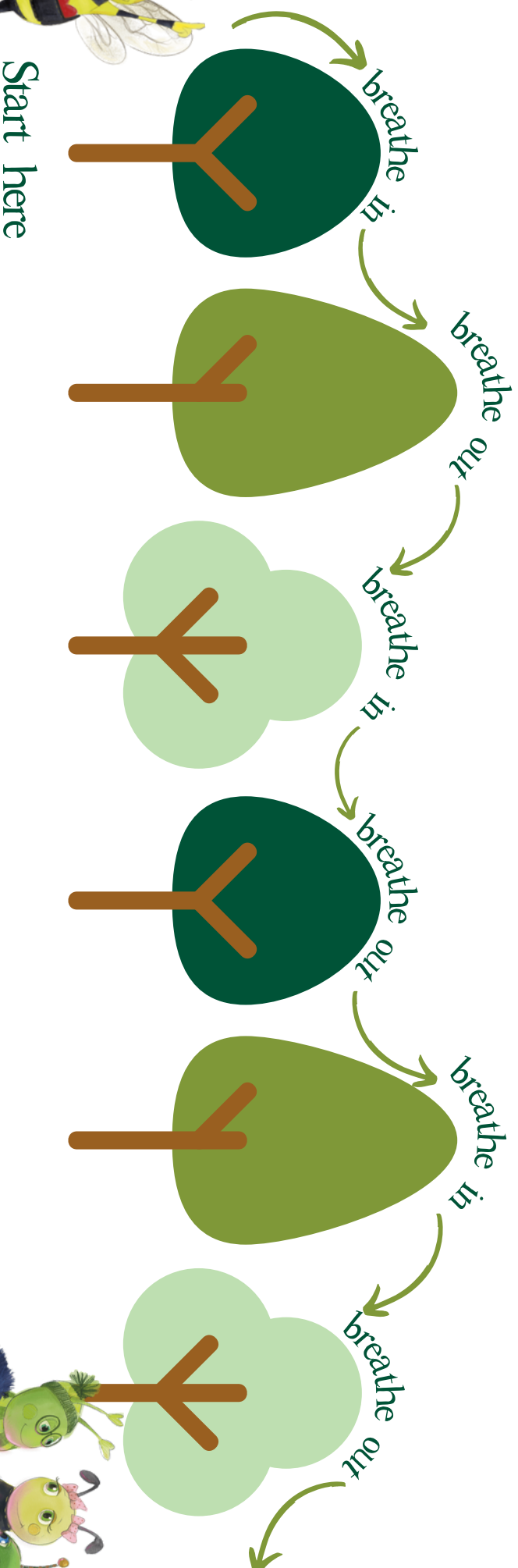
Star Breathing Brain Break

Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.



Forest Breathing

Run your fingers along the tree tops while you breathe in and out.



Start here

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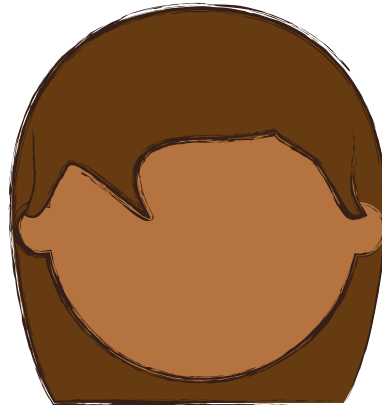


Feelings

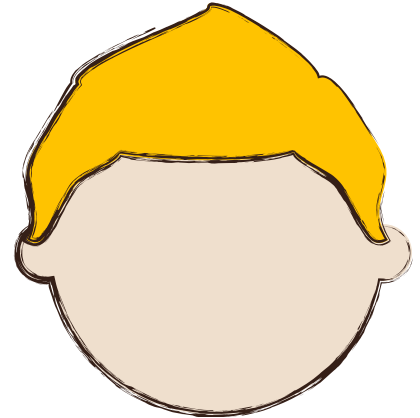
Can you draw a face for each emotion?



Happy



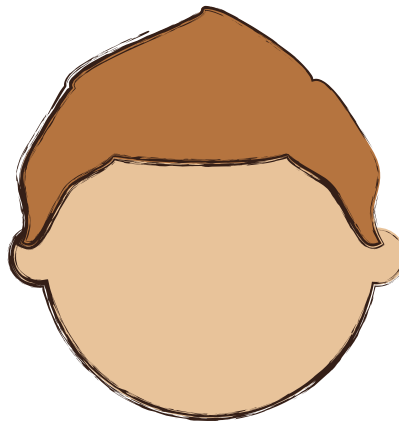
Sad



Afraid



Excited



Angry



Silly

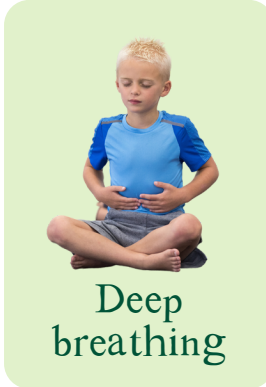




Things I can do to Calm Down



Name my feelings



Deep breathing



Write a letter



Imagine a quiet place



Drink water



Warm bath



Run



Blow bubbles



Hug



Paint



Dance



Squeeze something



Listen to music



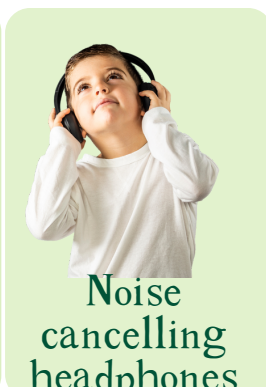
Count backwards



Explore nature



Read



Noise cancelling headphones



Play with a pet



Hug a toy



Wrap up in a blanket

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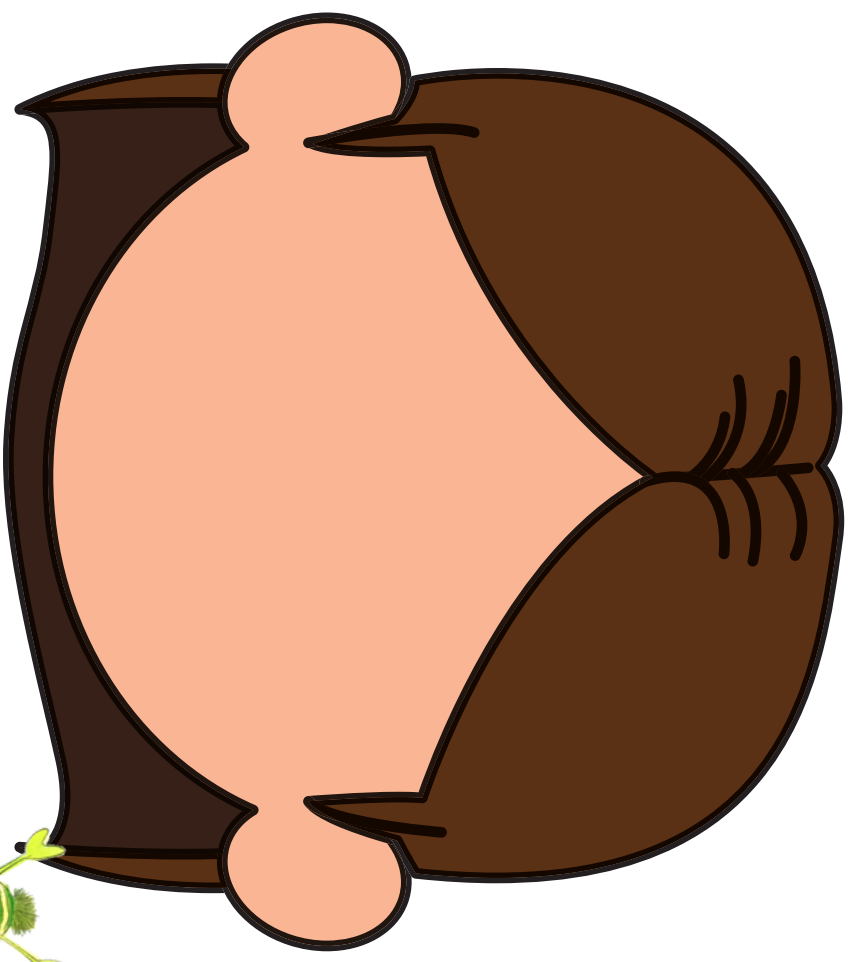
Emotions



Once the sheet has been laminated by a grown up, use playdough or whiteboard markers to create faces to match the emotions written below.



Happy



Sad



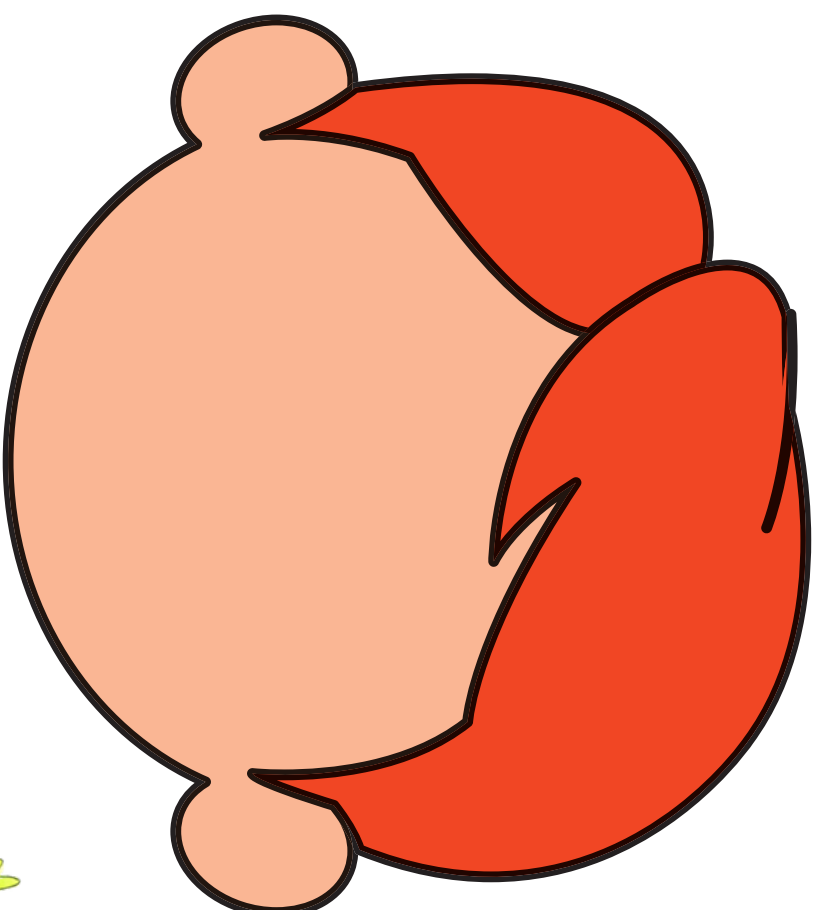
Emotions



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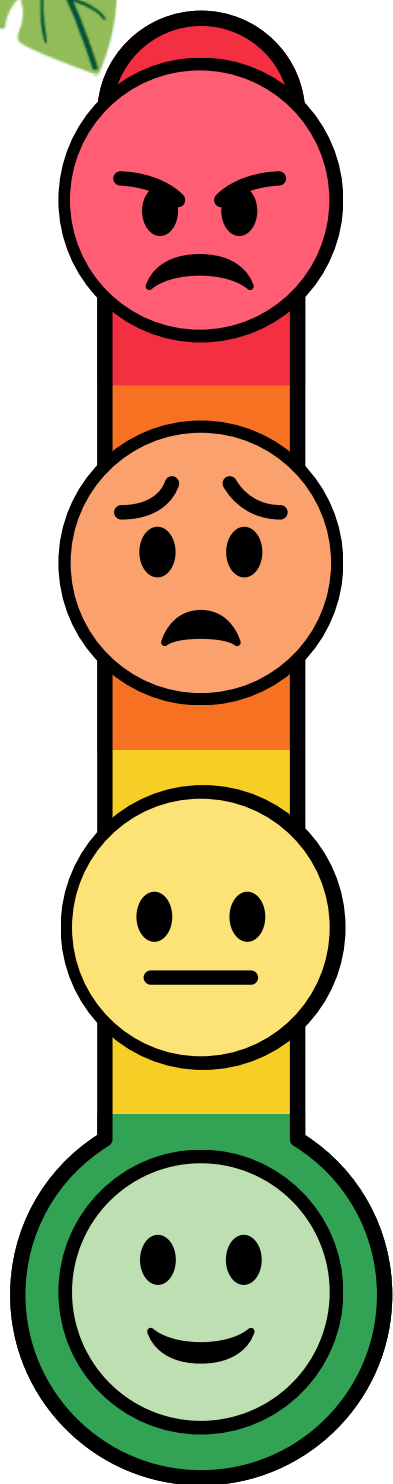
Loved



Worried



Feelings Check In



I feel extreme emotions. I might feel panic or fury.

I feel strong positive or negative emotions. I may feel enraged or ecstatic.

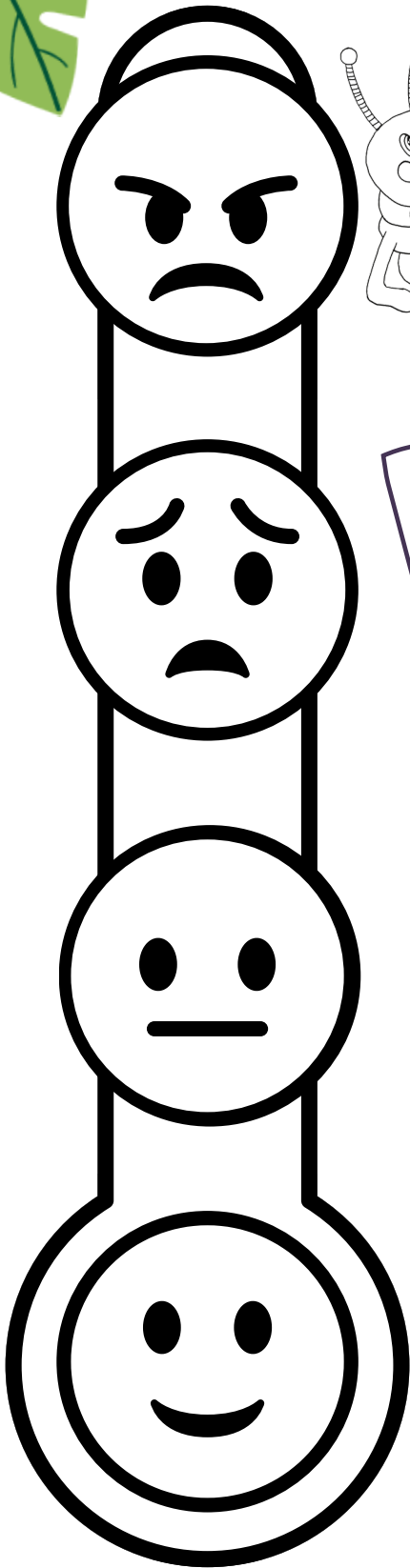
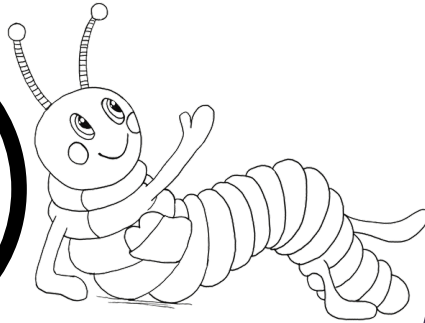
I feel moderate positive or negative emotions. I may feel anxious or excited.

I feel mild, positive emotions. I am in control, content, calm, and relaxed.

Great to Keep handy or pop on the wall. Photocopy the next page to use for regular check ins



Feelings Check In



Name your emotion

Colour in the
emotions
thermometer. Circle
or place an arrow
next to how you
feel

What has made you feel
this way?

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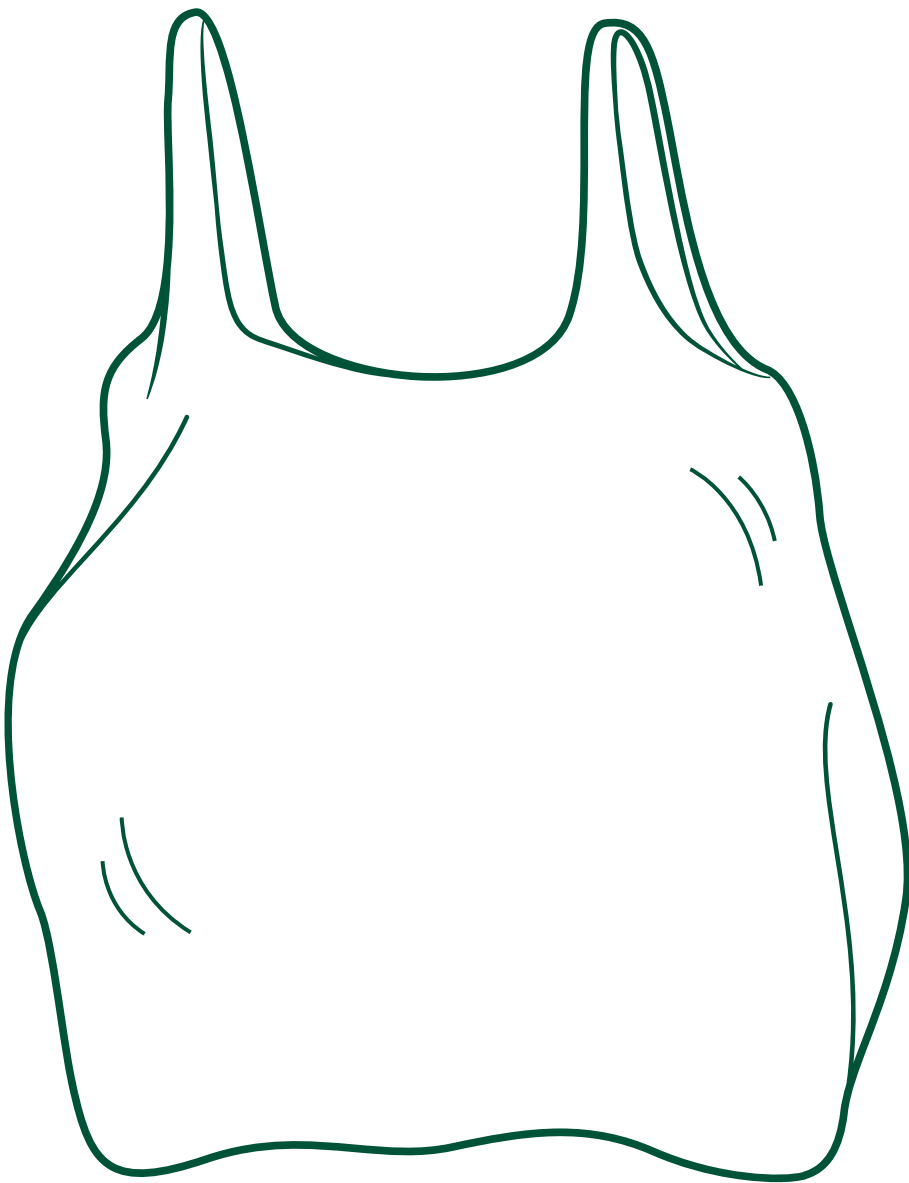
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MY WORRY BAG

A worry bag is a useful tool that can help you express your worries and anxious thoughts. What are some things that make you feel worried?

Write or draw them in the bag below.



Writing down your worries can give your brain a little break from thinking about them.

Talking to someone you trust about your worries can help you feel understood and may support a way to solve any problems.

Who would you like to share these worries with?

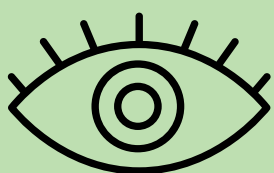


5 - 4 - 3 - 2 - 1

Grounding Technique

A calming technique that connects you with the present by exploring the five senses.

Say out loud the following, a grown up can ask you the questions:



Name **5**

things you can
see



Name **4**

things you can
touch



Name

3

things you
can hear



Name

2

things you
can smell



Name

1

thing
you can
taste





Mood Tracker

Print out multiples to track your emotions and general mood over a month,

How I felt

Monday

--	--	--	--	--	--

Tuesday

--	--	--	--	--	--

Wednesday

--	--	--	--	--	--

Thursday

--	--	--	--	--	--

Friday

--	--	--	--	--	--

Saturday

--	--	--	--	--	--

Sunday

--	--	--	--	--	--



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