

Stories About Self-Regulation

These stories are to help you think about what you could do to regulate your own emotions and behaviour when something happens. Read the stories below and see if you can find the answer.

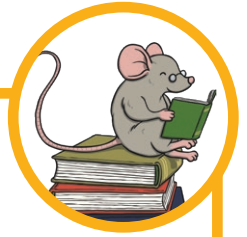


Stories



Story One

You are in the playground and there are a group of children playing a game next to you. One of them falls over and hurts their knee.



Story Two

Your friend is crying at playtime. They tell you it's because they didn't do well in their spelling test. They hadn't had time to practise this week so they didn't achieve any marks in the test.



Story Three

You feel really sad at school because your pet has died. You didn't really want to go to school because you feel so upset.



Story Four

Some year 6 pupils are playing football. The ball is accidentally kicked over the gate. They tell you to go and get their ball back but you know that you are not allowed to go out of the gate.

Answers

Answer One

I would tell my friend not to worry. I would reassure them that they can try again next week. I would then try and make them laugh and play a game with them to make them feel better.

Answer Two

I would help them because I know they have hurt themselves. I would help pick them up and take them to an adult who can help them.

Answer Three

I would tell them I am not allowed to go out of the gate so I can't get the ball. I would tell them to go and ask an adult for help.

Answer Four

I decide to tell my friends what has happened to my pet. I know that my friends will help me to feel better as they will be kind to me and help me forget about what has happened for a while.