




Daily Emotional Regulation Checker

Tracking emotional patterns helps **identify triggers, recognize progress, and adjust strategies** for better self-regulation. Use this log to reflect on your child's emotional ups and downs each day.


 **Date:** _____

What Triggered Big Emotions?

 *(Describe the situation that led to frustration, anxiety, or a meltdown.)*

➤ Example: *"Struggled with transitions after screen time. Became frustrated when asked to turn off the tablet."*

Which Calm-Down Strategy Worked?

 *(What helped your child regulate? Breathing exercises, sensory tools, movement break, etc.)*

➤ Example: *"Using a visual timer and deep breathing helped de-escalate frustration."*

What Could We Try Next Time?

 *(How can we adjust our approach for future situations?)*

➤ Example: *"Introduce a verbal countdown 5 minutes before screen time ends."*



💡 Need Help With Emotional Regulation Strategies?

Book a **free 30-minute consultation** for **personalized guidance** on emotional regulation and behavior support!



[Schedule Here](#)

✉ **Contact:** TrottaLearningSolutions@gmail.com

🌐 **Website:** TrottaLearningSolutions.com

Empower • Educate • Elevate

Emotional regulation is a **learning process**. By tracking patterns and making small adjustments, you're **helping your child build lifelong self-regulation skills!**

💙 What's one pattern you've noticed this week?

Warmly,

Tom

