**Blank Emotional Regulation Plan**

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| --- | --- | --- | --- |
| **Name:** |  | **Actioned:** |  |
| **DOB:** |  | **Review Date:** |  |
| **Location:** |  | | |

**Examples:**

|  |  |
| --- | --- |
| **Regulated** | **Supportive** |
|  |  |
| **Low Level Dysregulation** |  |
|  |  |
| **Dysregulated** |  |
|  |  |
| **Recovery: Re-fuelling and Re-grouping** |  |
|  |  |

**Managing Stress Triggers**

|  |  |
| --- | --- |
| **Triggers** | **Support** |
|  |  |
| **Student Likes** |  |
|  |  |
| **Student Dislikes** |  |
|  |  |