Emotional Regulation



2-5 minutes | Grades K-8

Coach cue	A feeling can be big. You can give yourself a moment before you choose what to do with it.
Game scenario	A hard play leaves you frustrated and you're about to shout at a teammate.
Try it	Rehearse the reset without contact: pause, breathe out, then choose words or ask for a quick break.
Huddle question	What can you do when you need more time than one breath?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. You're about to yell at a teammate. What gives you room to choose?

- **A.** Yell so the feeling goes away
- **B.** Tell them your reaction is their fault
- **C.** Pause and breathe out before speaking

2. If you still feel overwhelmed, what's a next step?

- **A.** Try to make everyone else upset too
- **B.** Ask the coach for a moment to reset
- **C.** Pretend you heard all the instructions

3. You feel like snapping after a mistake. What can you try?

- **A.** Pause and breathe before speaking
- **B.** Say the first thing that comes to mind
- **C.** Take it out on the next player

4. A call makes you angry. Which action helps you reset?

- **A.** Keep replaying the call out loud
- **B.** Argue with a teammate about it
- **C.** Relax your hands and focus on the next play

Ask the team	What reset would you practice when things are calm?
At home	Pick a reset you can use in the car, at school, or during a game.

Coach answer key **1. C** **2. B** **3. A** **4. C**

One takeaway for our next practice _____