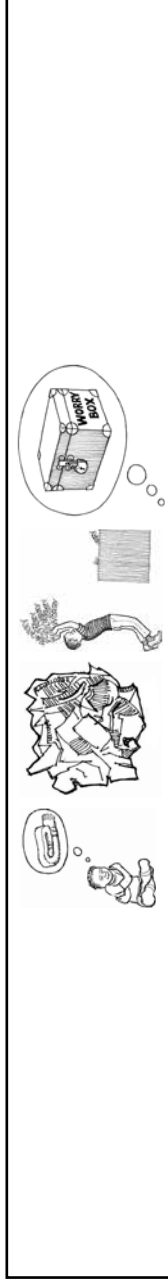


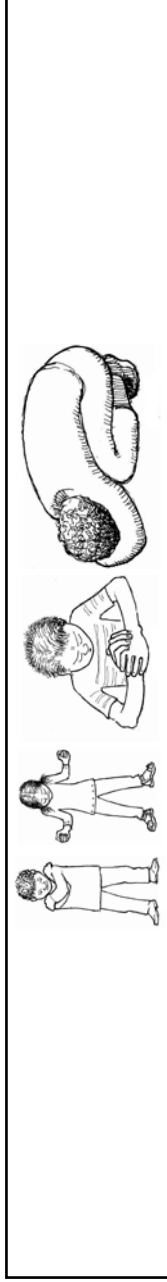
Frustration



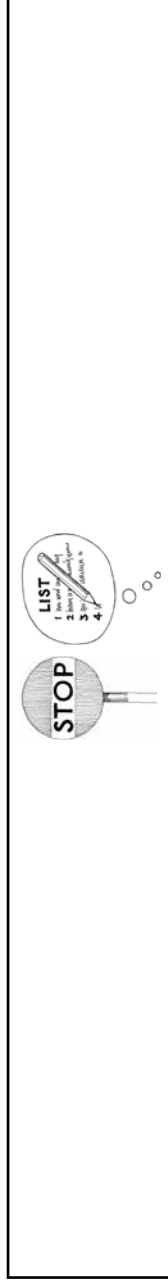
Anxiety



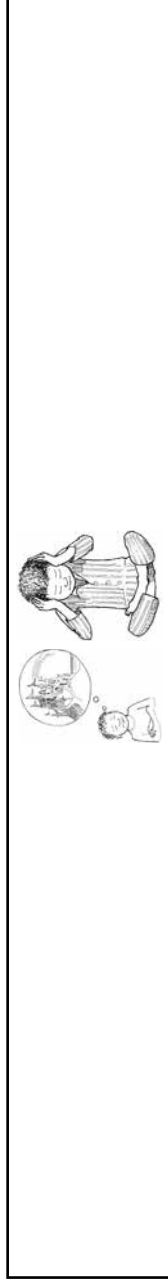
Sensory Processing



Anger Management



Emotional Regulation

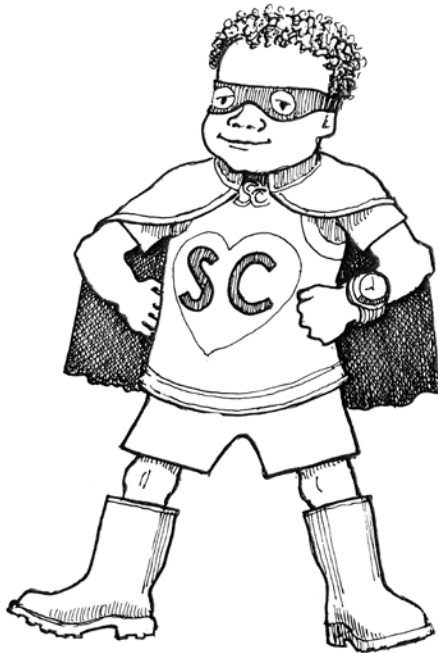


Self-Control Certificate for

(Fill in the Specific Super Power)

CONGRATULATIONS!

You Have Mastered the Super Power of



Date: _____

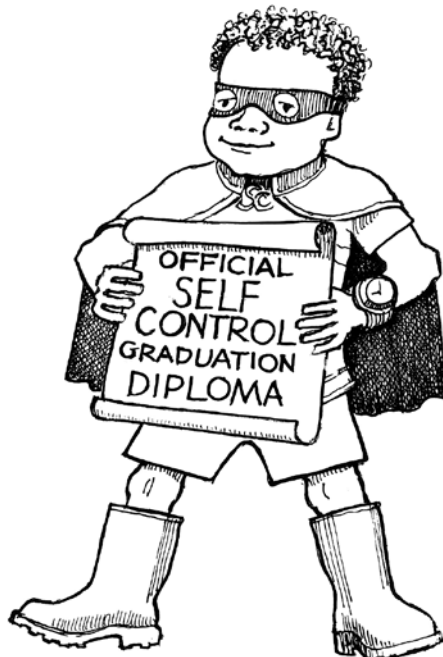
Adult Signature: _____

Self-Control Signature: *Self-Control*

Self-Control Diploma for Knowing All 15 Super Powers!

**CONGRATULATIONS
on Graduating from
Self-Control's Superhero School!**

You Are Now an Official
Self-Control Hero!

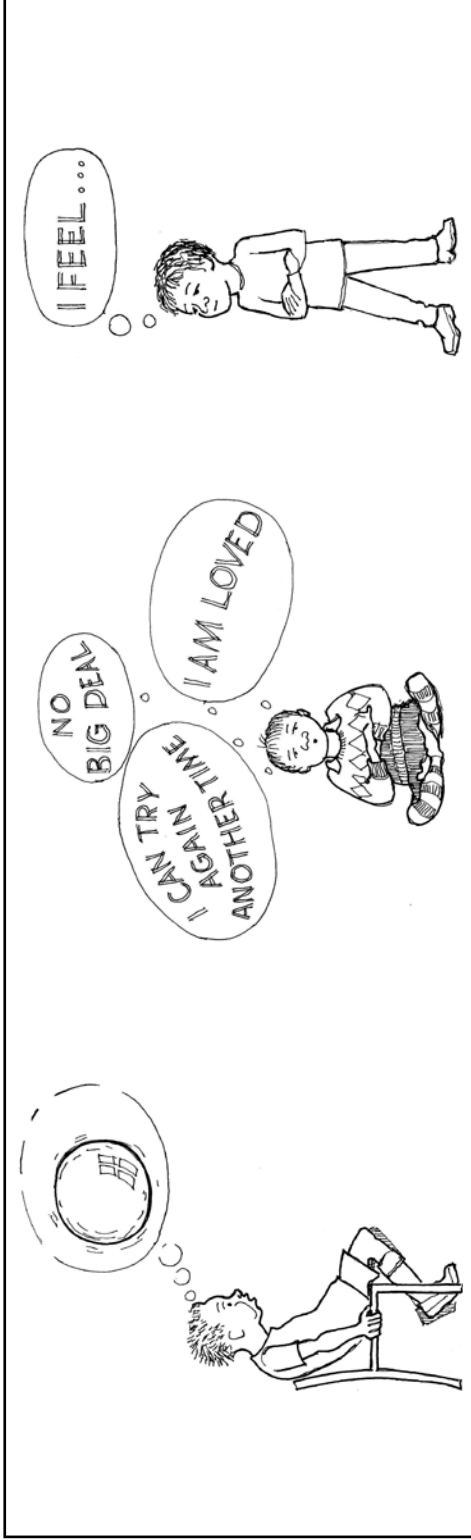


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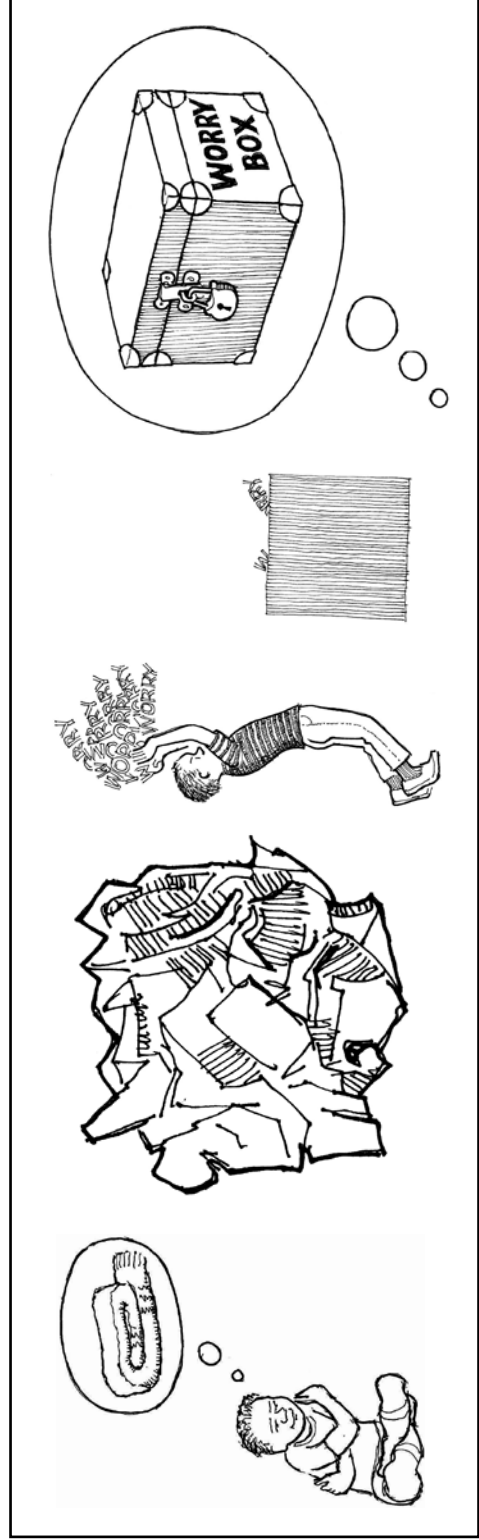
Adult Signature: _____

Self-Control Signature: *Self-Control*

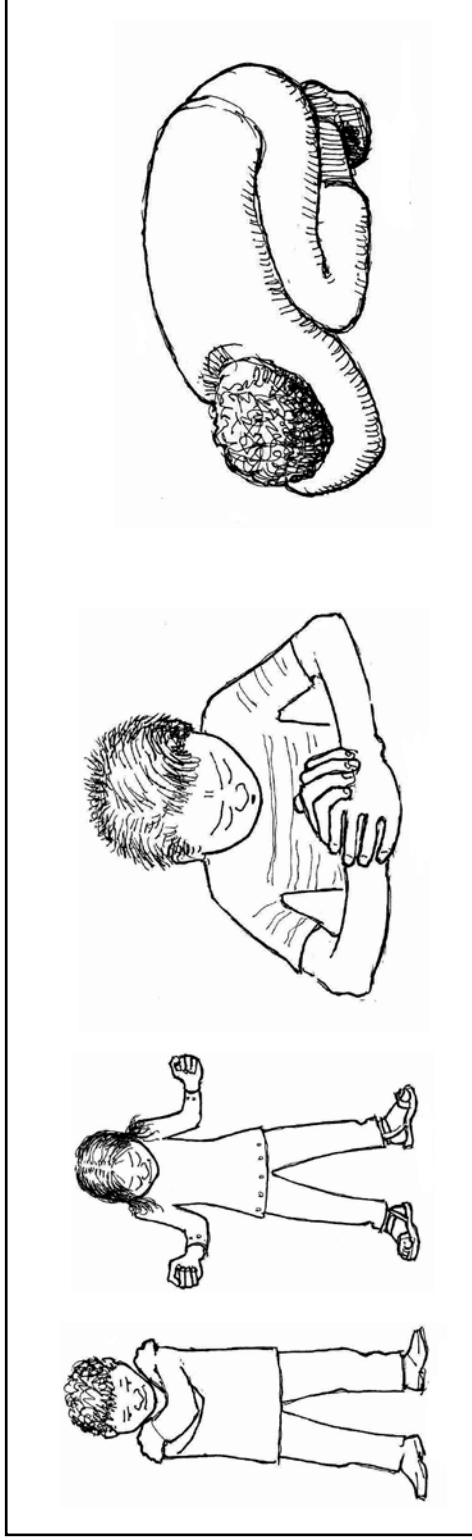
Frustration



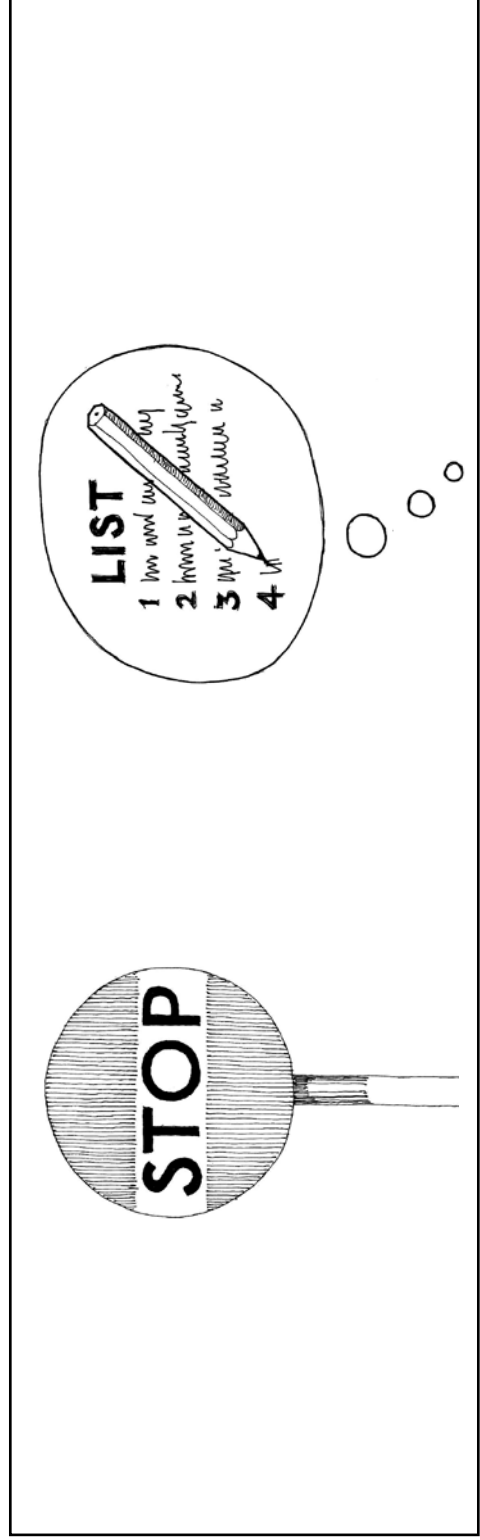
Anxiety



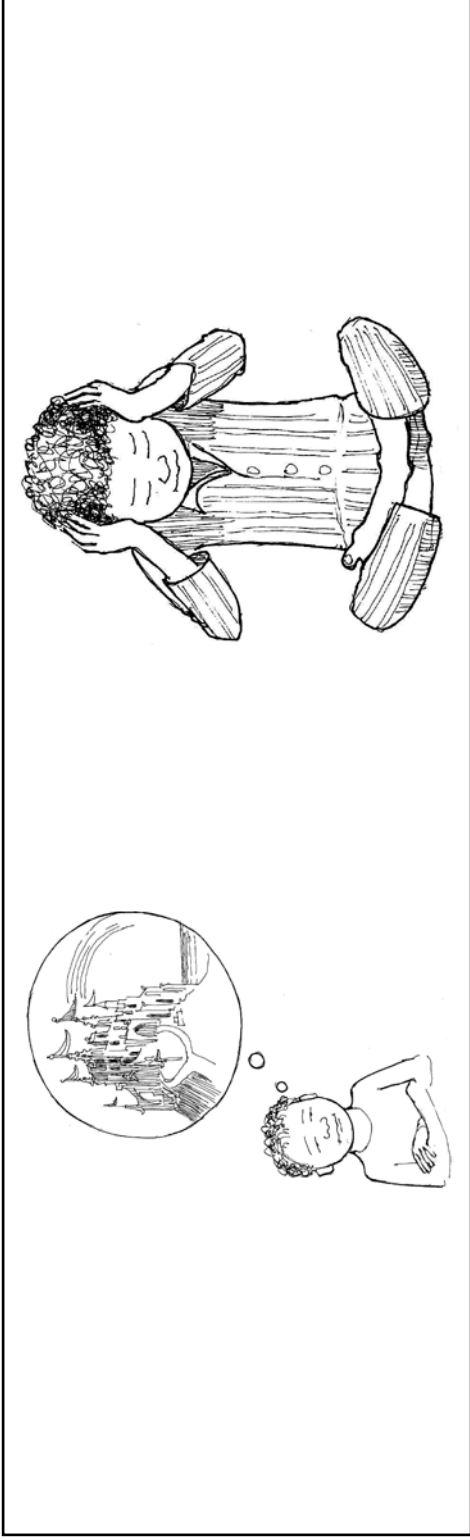
Sensory Processing



Anger Management







Emotional Regulation







Frustration

<p>Take a Deep Breath!</p> 	<p>Make a Mantra!</p> 
<p>Use Your Words!</p> 	



Anxiety

<p>Just Give Yourself a Hug!</p> 	<p>Crumple Up Your Worries!</p> 
<p>Throw Away Your Worries!</p> 	<p>Make a Worry Box!</p> 

Sensory Processing

<p>Push Your Wiggles!</p>		<p>Squeeze Your Wiggles!</p>	
<p>Squash Your Wiggles!</p>		<p>Cocoon!</p>	

Anger Management

<p>Stop Sign!</p>		<p>Make a List!</p>	
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Emotional Regulation

<p>Take Yourself to a Peaceful Place Inside!</p>		<p>Give Yourself a Head Massage!</p>	
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