

My Calm-Down Plan

Fill in YOUR plan for when big feelings happen!

1 When I start to feel upset, my body does this:

My face gets... _____
My hands feel... _____
My tummy feels... _____

2 I can STOP and take 3 deep breaths.

Breathe in... 1... 2... 3... 4... Breathe out... 1... 2... 3... 4...

3 Then I can TRY one of these calm-down tools:

Tool 1: _____
Tool 2: _____
Tool 3: _____

4 I can TALK to someone I trust:

Name: _____

5 After I calm down, I feel proud because:

