

My calm-down plan

Fill this in together when everyone is calm. Next time a big feeling comes, you will both know what to try.

My name: _____

When I'm upset, my body...

- ☐ My face gets hot
- ☐ My fists get tight
- ☐ I want to yell or cry
- ☐ My heart beats fast

I often get upset when...

- ☐ I'm tired or hungry
- ☐ I have to stop playing
- ☐ Someone takes my things
- ☐ Something is hard to do

Things that help me calm down

- ☐ Take 5 slow breaths
- ☐ A hug
- ☐ Squeeze a soft toy
- ☐ Count to 10
- ☐ Get a drink of water

My calm-down spot

- ☐ A quiet corner at home
- ☐ My bed or my room
- ☐ Next to a grown-up I love

People who can help me

- ☐ Mom or Dad
- ☐ Grandma or Grandpa
- ☐ My teacher

When I feel better, I can...

- ☐ Tell someone what happened
- ☐ Fix it or say sorry
- ☐ Try again
- ☐ Go back to playing

For grown-ups: when big feelings hit

- Safety first: move your child, or anything dangerous, out of the way.
- Calm yourself first: slow breaths, quiet voice, few words.
- Name the feeling: "You're really angry."
- Point to the plan and let your child choose what to try.
- Keep the limit: once your child is calm, what needed doing still gets done.
- Talk later: What helped? What could we try next time?
- If your child often hurts themselves or others during outbursts, or you are worried about how often or how long they happen, talk to your pediatrician.