CALM-DOWN PLAN

Name:

Date:

Big feelings are normal, and everyone has them. A plan made on a calm day makes hard moments easier to handle.

1 My warning signs

In my body
Hot face, tight chest, fast heartbeat, clenched fists...

In my thoughts and actions
"This is so unfair," going quiet, yelling, slamming doors...

2 My feeling meter

1	2	3	4	5
Calm	Bothered	Upset	Very upset	Overwhelmed

At 2 or 3, I can...

At 4 or 5, I need...

3 My calm-down tools

Tick the ones that work for you, and add your own.

- ☐ Slow breaths: in for 4, out for 6
- ☐ Music with headphones
- ☐ Squeeze a pillow or stress ball
- ☐ Draw, doodle or write it out
- ☐ Cuddle a pet or get a hug
- ☐ A drink of water
- ☐ Move: walk, jump or stretch
- ☐ Ten minutes in a quiet space
- ☐ Talk to someone I trust
- ☐ _____

4 When I'm upset, it helps when people...

- ☐ Give me some space
- ☐ Use fewer words
- ☐ Wait until later to talk about it
- ☐ Stay nearby without talking
- ☐ Help me name the feeling
- ☐ Offer a hug or a snack

Please don't...

5 After the storm

What happened just before?

What helped me calm down?

Is there anything to fix or say sorry for?

What could I try next time?

If a feeling ever seems too big to handle, or you don't feel safe, tell a trusted adult straight away.

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