

Calm Down Plan

This activity will help the child develop a quick visual reminder of how to settle down when faced with triggers. Have the child brainstorm preferred strategies and create a small illustration or use a color to help calm themselves. Following is an example of a four-step process.

Example:

Calm Down Plan
1. Sit down
2. Close eyes
3. Take 5 deep breaths
4. Get back to work

Create Your Own:

Calm Down Plan
1.
2.
3.
4.