My Calm Down Plan

BREEZE WITHIN
EXPLORE · UNDERSTAND · GROW

Fill this in on a calm day so it is ready when big feelings show up. Grown up and child together.

Name: _____ Date: _____

WHEN I FEEL UPSET, MY BODY TELLS ME...

THINGS THAT HELP ME CALM DOWN (DRAW OR WRITE)

1

2

3

4

A GROWN UP WHO CAN HELP ME

A SAFE PLACE I CAN GO

WORDS I CAN SAY

Educational use only. Not therapy, diagnosis or medical advice. In a crisis call or text 988. Immediate danger: call 911.