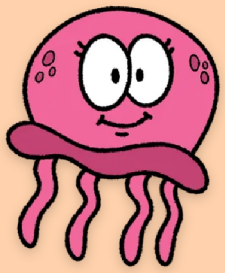
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My Cool-Down Plan

Make a plan for when big feelings show up. Keep it in your desk so you can use it when you need it.



Name: _____ **Date:** _____

Things that make me upset

How my body feels when I'm upset

Ways I can calm down (check 3)

- ☐ take 5 deep breaths
- ☐ count to 10
- ☐ squeeze a stress ball
- ☐ get a drink of water
- ☐ draw or color
- ☐ go to the calm corner
- ☐ stretch
- ☐ talk to a grown-up

My plan, step by step

First: _____

Then: _____

Last: _____

A grown-up who can help: _____

My signal for "I need a break": _____

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