



Name _____

My Calm Plan

Directions: Think about times when you feel upset, angry, or worried. Write your own plan for what you can do to calm down and make good choices.

1. When I start to feel upset, my body feels like this:

2. The first thing I can do to calm myself is:

3. If that doesn't help, another strategy I can try is:

4. A safe person I can talk to when I need help is:

5. One calming activity that works for me is:

6. A positive thought I can tell myself is:

7. When I use my calm plan, I feel:

8. I will try to remember my plan the next time I: