

My Calm Plan Answer Key

Answers will vary by student. Expected responses should include self-awareness and calming strategies such as:

- Deep breathing, counting, or walking away
- Talking to a teacher, counselor, or family member
- Thinking positive thoughts like "I can handle this"
- Recognizing signs like tight fists, fast heartbeat, or wanting to yell

Teacher's Guide

- **Purpose:** Helps students build personalized self-regulation strategies and connect emotional awareness to real-life coping skills.
- **Differentiation Tips:**
 - Offer a visual "Feelings Choice Board" for students who struggle to generate ideas.
 - Provide sentence starters for emerging writers (e.g., "When I feel mad, I can...").
 - Allow oral dictation or drawing responses for students with writing challenges.
- **Engagement Strategies:**
 - Model your own calm plan first to show how adults use self-regulation too.
 - Encourage students to share one strategy aloud to build classroom trust.
- **Extension Ideas:**
 - Have students decorate and post their calm plans in a "Calm Corner."
 - Role-play using strategies during mild stress moments, like waiting turns or fixing mistakes.
 - Revisit the plans weekly to reflect on which strategies work best and adjust as needed.