

My Calm-Down Plan

Built together on a calm day, ready for the stormy ones.

This plan belongs to: _____

My body tells me anger is coming when...

When I'm angry, I can...

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

My calm corner has:

_____	_____
_____	_____

We practiced it for fun on: _____ Signed: child _____ parent _____