

CALM DOWN CHART

	Deep breaths
	Squeeze Hands
<p>1 2 3 4 5 6 7 8 9 10</p> 	Count to 10
	Hug myself
<p>Break, please.</p> 	Ask for break

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BLUE ZONE	Sad
	Tired
GREEN ZONE	Happy
	Calm
YELLOW ZONE	Excited
	Frustrated
RED ZONE	Mad
	Angry

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I Feel _____ I Will _____ to calm down