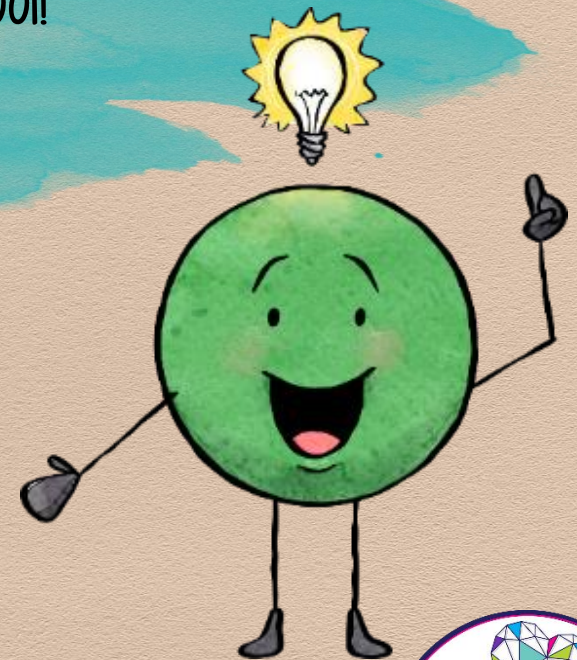
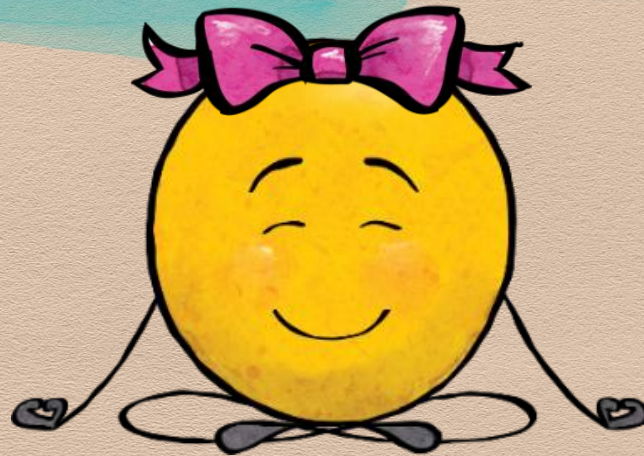


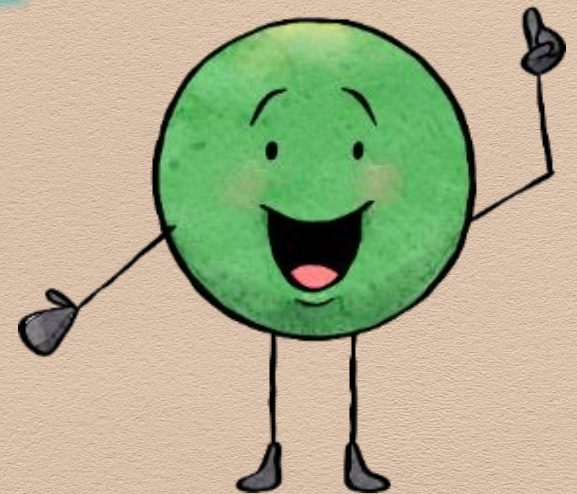
My Calm Down Board

A student support resource, to assist in calming strategies.
Can be used at home and at school!



My Calm Down Board

My name is :



Directions:

Print 'Calm Down Board' pages and laminate if you choose.

You can attach the board pages to a file folder if you'd like or keep them separate.

You'll want to place a velcro sticker dot for the feeling boxes.

Cut out the calming strategies, as well as the feeling dot buddies.

You can store these in a bag, on a binder clip, or you may attach them to a Velcro strip.

1.) I started my day feeling like this:

Stick your feeling below

2.) Then, I started feeling like this:

Stick your feeling below

3.) I felt this way, because:

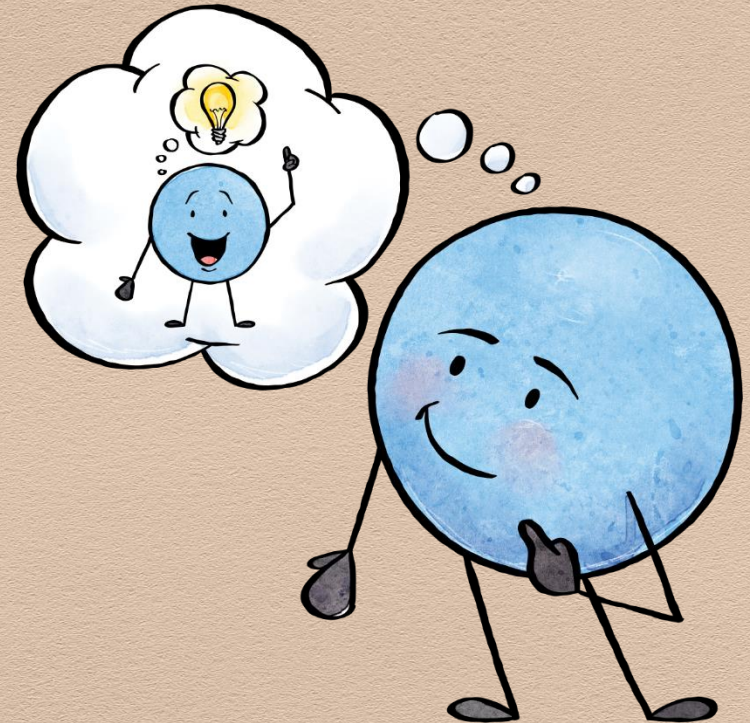
Draw what happened below



4.) I choose to calm down like this:

Stick your calm down choice below

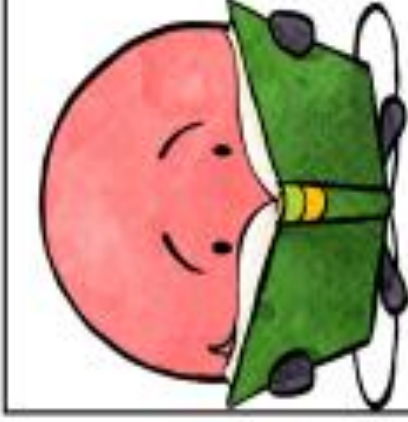
When this happens to me,
I can choose ways to calm down.



Hmm....
I can make good choices



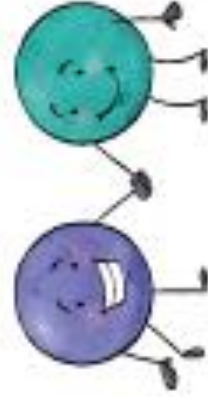
Take a Stretch



Read a Book



Practice
Deep Breathing



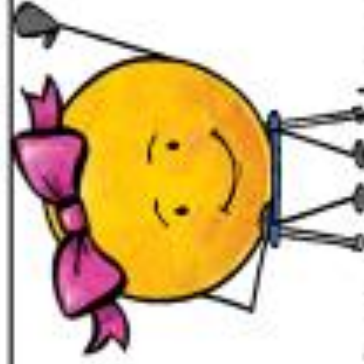
Talk to
Someone
I Trust



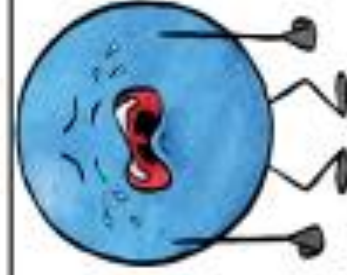
Ask for a
Sensory Break



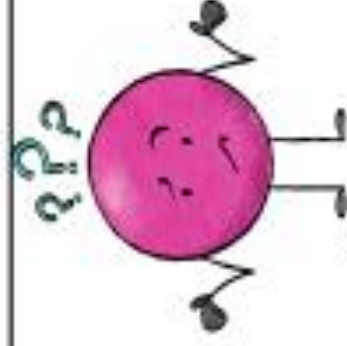
Write my
Feelings
in a Journal



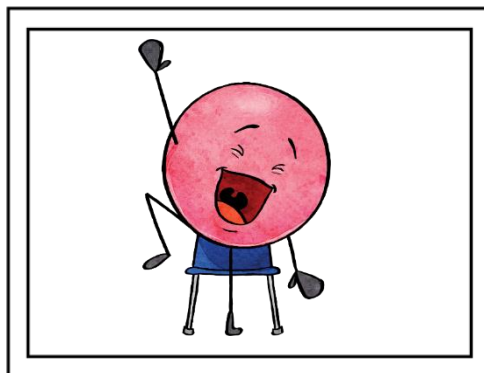
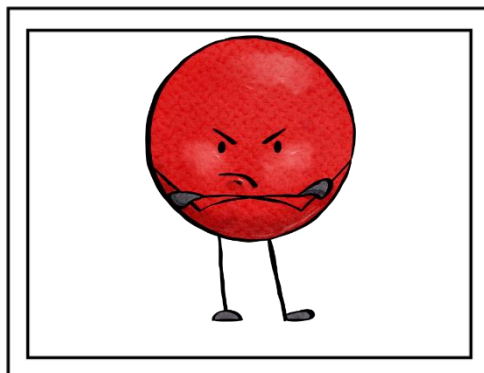
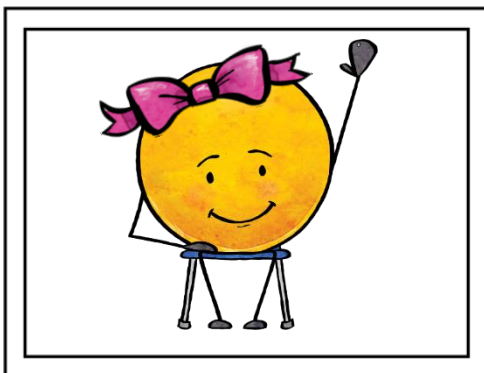
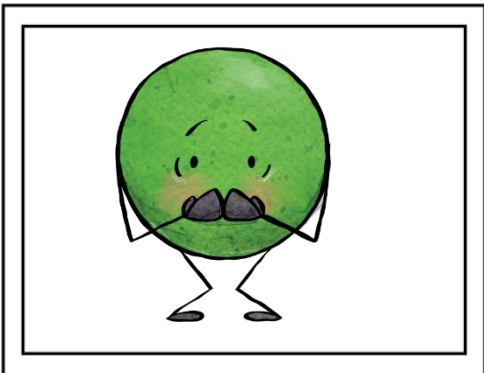
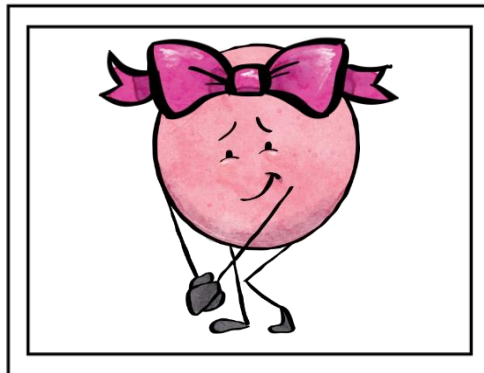
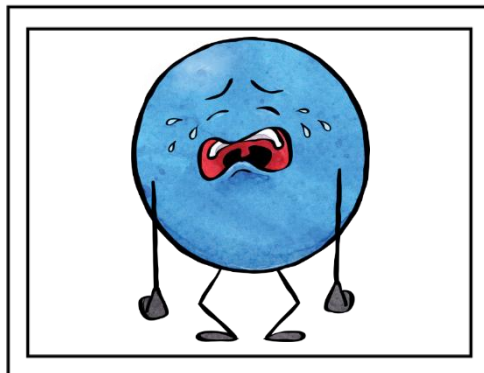
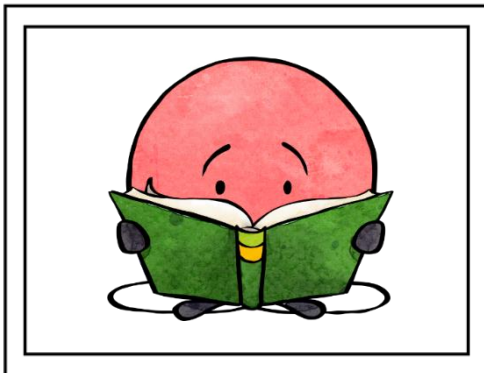
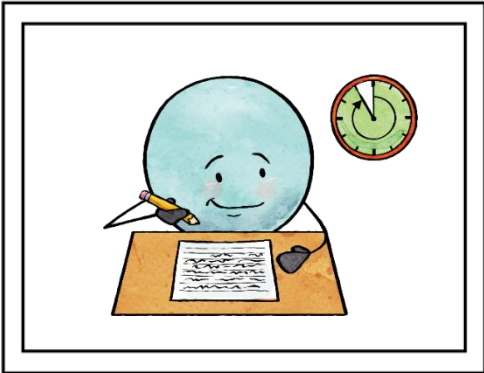
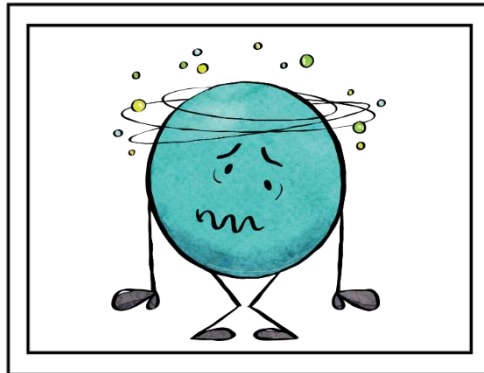
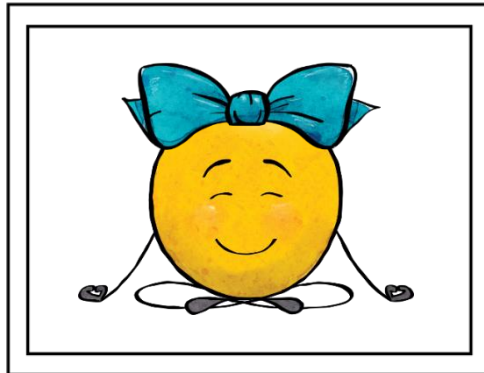
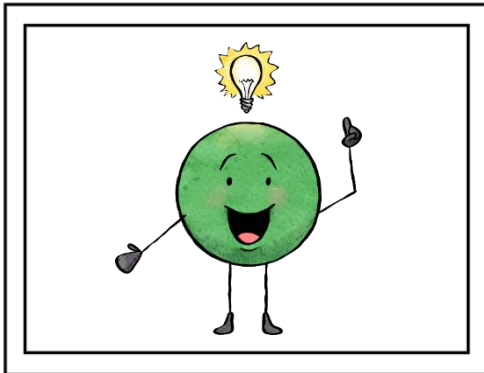
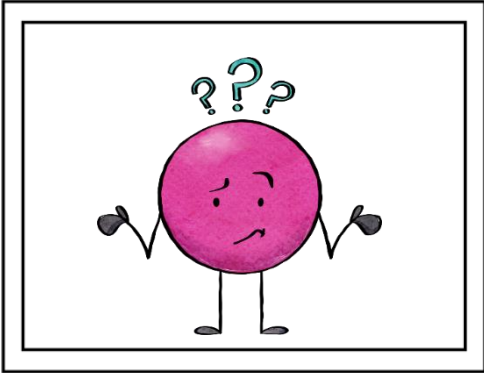
Raise my Hand
To ask for
Water



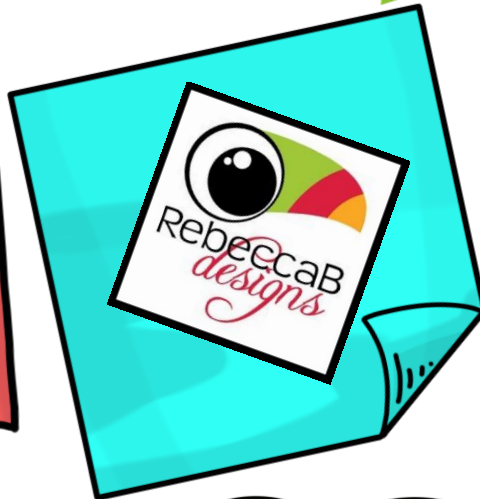
Ask to Speak
with the
Counselor



Ask my
Teacher
For Help



Thank you to the following for clipart and fonts.
You help make our content look amazing!



Content & strategies created by
School Counselor World.

Please visit our website at www.schoolcounselorworld.com

Interested in more lesson plans? Join our membership
website for access to ALL our lesson plans for a low monthly fee.
Don't pay for an individual lesson plan ever again!