

My Calm-Down Plan

Build this WITH your child during a calm moment — not in the middle of a meltdown.

Signs my body is getting overwhelmed

Examples: clenched fists, loud voice, tears, tummy hurts, want to hide.

Three things that help me feel safer

Examples: hug, quiet room, water, weighted blanket, walk, music, drawing.

1.
2.
3.

My grounding routine (5-4-3-2-1)

Name **5** things you see · **4** things you can touch · **3** things you hear · **2** things you smell · **1** slow breath.

Who I can go to for help

At home:	
At school:	
A trusted adult:	

After I'm calm, I want to...

Talk about it? Draw it? Have quiet time first? Circle what feels right.
