**This week I might try:**

***To calm down when things go wrong***

**I’ll try to remember that school is usually fun, but sometimes things go wrong and I get upset. To calm down, I can take deep breaths, close my eyes, count to 10, squeeze a ball, and ask to take a break.**

**I can try to keep track of the ways I calmed down when I was upset on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **This week:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **Took 5 slow deep breaths** |  |  |  |  |  |
| **Closed my eyes** |  |  |  |  |  |
| **Counted slowly to 10** |  |  |  |  |  |
| **Squeezed a ball** |  |  |  |  |  |
| **Asked to get a drink** |  |  |  |  |  |
| **Got back to having fun!** |  |  |  |  |  |

