

Calming My Body

My name is **[student name**]. I go to **[school name].** Sometimes I do

amazing things at school. I follow a schedule and work really hard. Lots of

times I finish everything.

I can be nice to my friends. I tell them “It’s OK” when they feel bad about something. My friends are nice to me too.

Sometimes though I just **start to feel mad** about something and **my body feels like it could explode**. When that happens sometimes I yell. And sometimes I hit my friends.

That is **not a good thing**. The good news is there are things I can do when I feel this way.

1. **The first thing I need to do is fold my hands really hard**:

[](https://www.google.com/imgres?imgurl=http://www.newsweird.com/wp-content/uploads/2010/11/character-test-folding-fingers.png&imgrefurl=http://www.newsweird.com/2010111115/news/hands-someone%E2%80%99s-character-2987&docid=gSr6Fj7IU1IXpM&tbnid=BeUeuW6RMHJEvM:&w=300&h=214&ei=iDNdU5XkKculsASgwIGQDQ&ved=0CAIQxiAwAA&iact=c)

That will protect me and my friends and help me stop and think

[](http://jmmcdowell.files.wordpress.com/2012/02/thinking.png)

1. I could just say to my teacher or an adult: **“I have to go to the hall right now and breathe 3 times.”**
2. I could say – **I need my ‘Relaxation book!’ then I can go in the hall and do things that make your body calm down**. This really works!

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=FKo7hlP4AQN81M&tbnid=KuIoH6dV3qJ6CM:&ved=0CAUQjRw&url=http://www.pinterest.com/cchristensen402/social-skills/&ei=9jddU8WhF6LjsASg74D4BA&bvm=bv.65397613,d.aWc&psig=AFQjCNHyMm3GkzFs7XTlkOoRUxVxD-LvTg&ust=1398704326749940)

Here are some things I think I could do to help me when I feel like exploding: **[student and adult brainstorm and write options on line here]**

If I remember to do these things and stop myself my teacher might give me a gold ticket. That is a **GOOD CONSEQUENCE**

If I remember to do these things I hope my teacher will: **[student and teacher brainstorm and write reinforcers here]**

[](http://3.bp.blogspot.com/_vZJgLrjhN7I/TSXpK8fYkcI/AAAAAAAAAtE/UgF5JPriFh8/s1600/Forget.jpg)But if I don’t remember to do these things and I hurt a friend then I need to do something to help me think better. These are called ‘**consequences’ for forgetting.**

I might have to miss recess

I might have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I might have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’m going to try very hard to calm my body. That way I can get a **GOOD CONSEQUENCE**