

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**:



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



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!



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]**

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**