

Questions to Ask Yourself About **Meltdowns**...

Reminder: On page 12 there is a blank page for you to use for extra space!

1) Do I experience **meltdowns**? *Circle one.*

Yes No I'm not sure

2) If yes, I experience **meltdowns**... *Circle one.*

- a) Everyday
- b) Every week
- c) Every month
- d) Less than the above



3) What are some things that make me **more likely** to have a **meltdown**?

4) When I am close to a **meltdown**, **my body feels** (ie. hot, tense)...

5) When I am having a **meltdown**, I have thoughts and emotions like:

6) What are some **things that I do in a meltdown** that I wish I didn't? (ie. screaming, hitting, kicking)

7) Some feelings I have **after a meltdown** are... (guilt, fatigue, shame, etc.)

Strategies Other Kids Found Helpful With **Meltdowns**...

- **To avoid a meltdown, be given a warning** (verbal, a calendar reminder, etc.) so that you know what to expect, especially when things are changing
- **Walk away to a different spot if you need space or alone time** from the current place where the meltdown happened
- **Go for a walk**
- **Have a drink**
- **Go to a familiar place that feels safe**
- **Have a phone call** (Zoom, FaceTime, etc.) **with someone who makes you feel better or more comfortable**
- **Cuddle with a parent, sibling, friend, or stuffed animal**
- **Have something to look forward to** at the end to make it more manageable and something happy to think about (encouragement, rewards, etc.)
- **Communicate with those around you before and after** (when calm again)
- **Do an activity that can take your mind off what upset you** so you can feel calm and energized

- **Close your eyes and count to 100**
 - This is especially helpful if you are in a place where you are not able to walk away (e.g., if you are on the bus)
- **Have someone talk to you in a way that is calming but not asking questions that you have to answer (it can feel too hard to talk in the moment)**
- **Explain to adults (parents, teachers, etc.) your experience of meltdowns**
 - Sharing these handouts with them and your thoughts will help!
- **Imagine yourself in a “happy place” – like having a virtual reality headset on!**
- **Focus on a calming visual image or memory**
 - Some people like counting floor tiles or visualizing something interesting but calming (like a tiny dinosaur running along the shelves in the room you are in)
- **Play some online activities by yourself or with friends**

**Keep Going or
Take a Break!**

You could...use the
doodle page, move
your body, go outside,
or listen to music!

My Plan for **Meltdown**

Reminder: On page 12 there is a blank work page for you to use for extra space!

My Own Strategies:

1) **Things I do every day to stay calm ...**

2) If I feel a **meltdown** coming, **something I will try to do is...**

3) If a **meltdown** starts, **I will try...** (*List two things*)

4) After a **melt**down, something I can do to feel better is...

5) **Instead of** (i.e., yelling or hitting) _____, **something I can try to do to is** _____ (this should be realistic but still not too hard to do like “calmly explain my problem in full sentences”).

6) I would like to be **alone OR have company**:

7) **I would like someone to talk to me** (yes or no, if yes, suggest what to say)

8) I would like to **stay where I am OR go for a walk OR move to another space**
(this plan might not be safe or a good idea for everyone – make sure to talk to a
trusted grownup first!):

9) **A word or phrase I can tell myself that makes me feel better is...**

10) **A happy memory I can think of is...**

11) **An object that will make me feel better is...**

12) **Someone I can call and talk with to make me feel better is**

_____ . **The best way to contact them is**

_____ .

13) **Something I can always have on me to make me feel better is...**

14) **Something I can visualize to make me feel better is** (a happy place, a favourite animal, etc.)...

My Support Strategies (Parents/Teachers):

1) **Things grownups can do** so I am less likely to have a **meltdown**...

2) If a **meltdown** starts, **a grownup should**...

3) **Three things that make me feel “out of control”** (e.g., burnout/stress, change in plans, overstimulation)

- 4) **Three strategies that adults can use to help me to regain control are...** (e.g., positive interactions, using a personal strategy I chose – e.g., counting to 100 with my eyes closed)

- 5) **Three things that make me feel worse are...** (e.g., a negative tone, angry words, saying “stop”, feeling embarrassed, being alone, being told to walk away)

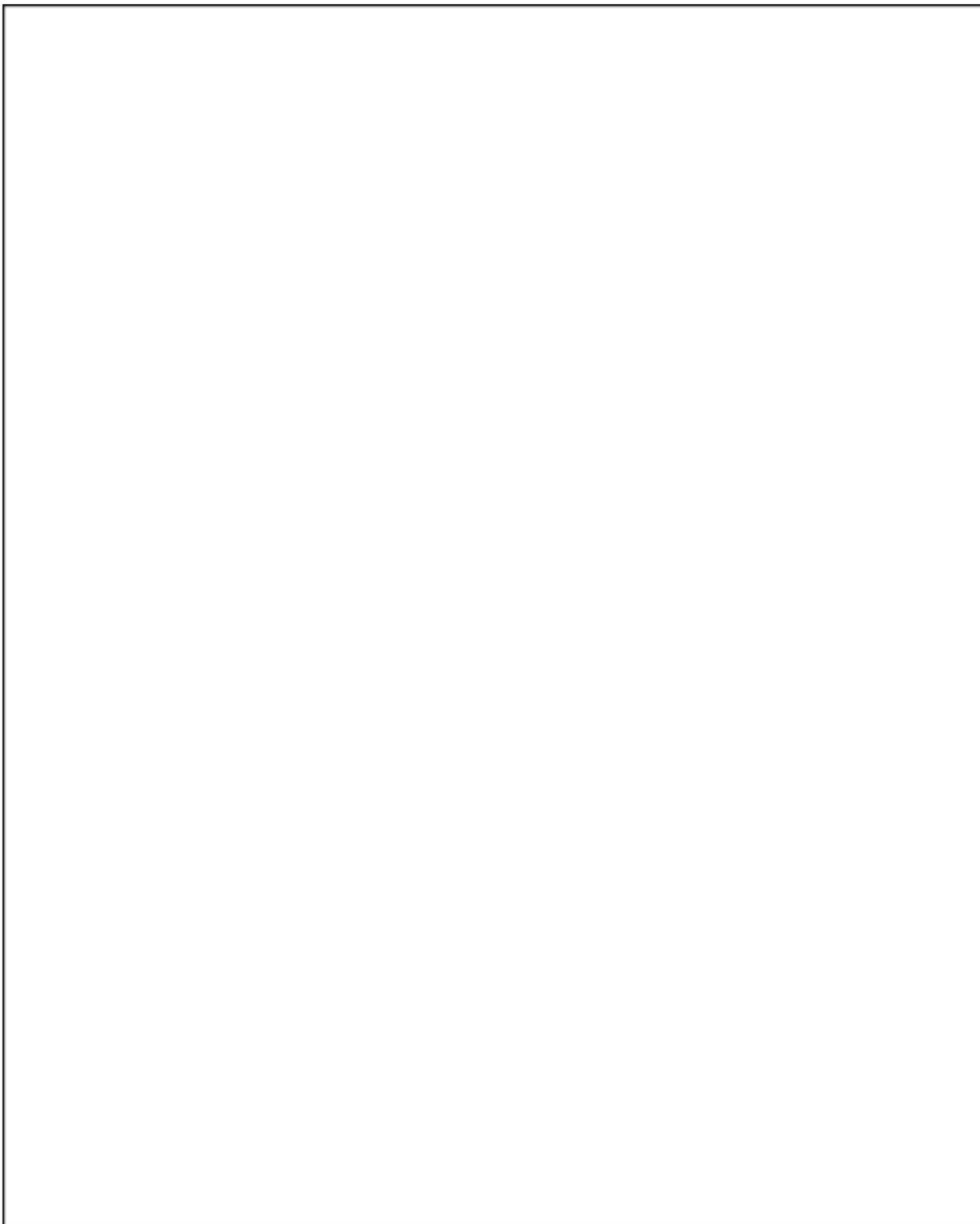
- 6) I prefer **physical touch** (e.g., a hug) **OR sitting with someone OR being alone...**

7) **Something a grownup can say** to make me feel better is...

8) **A topic a grownup could talk to me about,** that helps me feel calm and focused is ...

Meltdown: Blank Work Page

Use this page if you need more room for words and pictures!



Doodle Page

If you would like, use this page to doodle during your breaks!

