



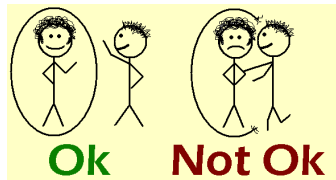
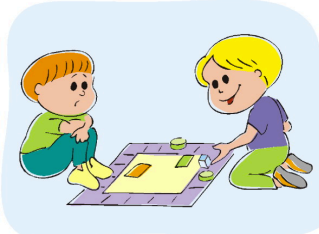
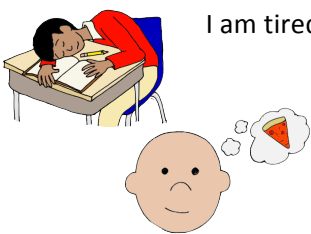
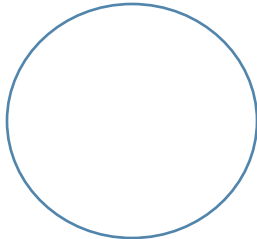


I Need Help: Planning Worksheet

This Happens:

 <p>Feeling left out</p>	 <p>No one is listening to me</p>	 <p>Work is too hard</p>	 <p>Yelling or hearing mean words</p>
 <p>Ok Not Ok</p> <p>People get too close or touch me</p>	 <p>Losing a game</p>	 <p>I am tired</p> <p>I am hungry</p>	<p>Something Else</p>

That makes me feel:

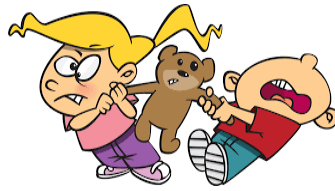


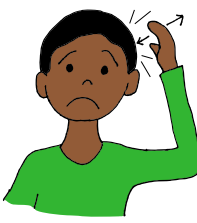
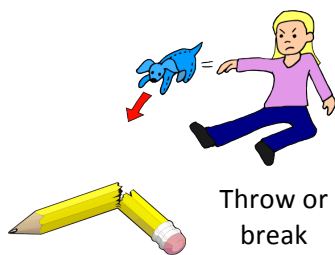



Draw face



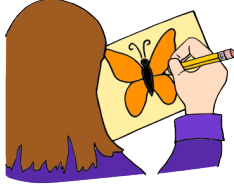
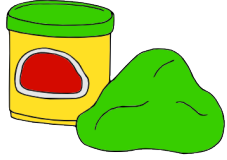


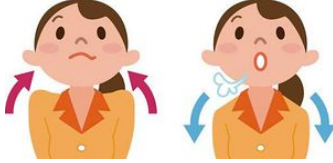



Feeling word



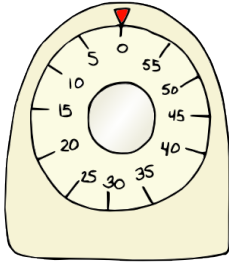





When I feel _____, I might:

 <p>Yell or say mean words</p>	 <p>Fight or hurt others</p>	 <p>Run away</p>	 <p>Hide</p>
 <p>hurt myself</p>	 <p>Throw or break things</p>	 <p>Cry</p>	<p>Something Else</p>

I can help calm my body and my feelings by:

 <p>Talking with calm adult</p>	 <p>Taking a break</p>	 <p>Drawing or coloring</p>	 <p>Using sensory tools or fidgets</p>
 <p>Exercising</p>	 <p>Reading a book</p>	 <p>Slow Breathing</p>	 <p>Listening to music</p>

My teachers can help by:

 <p>Ok Not Ok</p> <p>Giving me space</p>	 <p>Repeating directions again</p>	 <p>Setting a timer</p>	 <p>Giving me a hug or rubbing my back</p>
 <p>Call another adult</p>	 <p>Listening to me</p>	 <p>Give me a walking break</p>	 <p>Giving me a job to do</p>

My Emotions Management Plan

My Name:

Date Created/Reviewed:

Helpful adults on my team:

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

My Parents think:

Calming Strategies that Work at Home

Home to School Communication Plan

My Plan

(copy or cut and paste pictures from worksheet)

When this happens:

I feel,

and that's ok!

I will try to remember to,

and adults will help by,

This will help calm me down and keep everyone safe!