

Calming Plan

1. Quietly go to the calming area and set the timer for 5 minutes. Sit down on the bean bag.



2. Count to 10 slowly. Then count backward from 10 slowly.



3. Take 10 slow deep breaths.



4. Get paper and colored pencils from the shelf.



5. Write and draw about your feelings or ideas.



6. Read or listen to a book on tape.



7. Use a deck of cards until I feel calm.



8. When the time is up, ask myself "Am I calm enough to return to my group and follow the teacher's directions?"



9. If my answer is "No", continue writing, drawing, reading, listening or using the deck of cards for five more minutes.



10. If my answer is "Yes," I will quietly return to my classroom and follow my teacher's directions.



11. Pat myself on the back for using my Calming Area and Strategies and not losing control!

