



My Calm-Down Plan

MADE BY ME, FOR ME



Make this when you're already calm — so future-you, when feelings are big, has a plan ready to grab.

My early warning signs

What does my body feel like right before a big feeling?
(tight chest, hot face, fists, fast breathing...)

Things that help me cool down

List 5 — keep them realistic and easy to do.

My calm-down spot

Where can I go to feel safe and quiet?

Words I can say to myself

A short phrase that helps when feelings are loud.
("This will pass." / "I am safe." / "I can take a break.")

Who I can ask for help

People who 'get me' and won't make it worse.
