🎯 My Calm-Down Goal

My code: ___ ___ Date: _____

1 When I feel… 👉 circle 1

😠 mad	😟 worried	😢 sad	😫 stressed

2 I will… 🧰 circle 1 tool

🌸 smell the flower	🖐️ 5-finger breathing	✊ squeeze	🪑 chair push-ups
👀 look for 5	💬 cool-down words	🛑 break card	🤦 ask for help

3 I will know it helped when… circle 1

😌 I feel calm	🌬️ my breathing is slow	🤲 my body is still	📚 I can go back to work

When I feel _____,

I will _____.

It helped when _____.

📅 Every week: Did I use my tool? Did it help?

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
👍 😐 👎	👍 😐 👎	👍 😐 👎	👍 😐 👎	👍 😐 👎	👍 😐 👎

Circle 1 face each week, after the check-in form.

🎯 My Goal **code:** __ __

When I feel _____ 😠 😟 😢 😫

I will _____ 🧰

It helped when _____ 😌

Draw me using my tool:

🎯 My Goal **code:** __ __

When I feel _____ 😠 😟 😢 😫

I will _____ 🧰

It helped when _____ 😌

Draw me using my tool: