🎯 My Calm-Down Goal

Code: ___ ___ Date: _____

When I feel _____

(feeling or trigger, like "frustrated in math")

I will _____

(one tool from my binder)

I will know it helped when _____

My target: I will use it at least 1 2 3+ times a week (circle) until winter break.

Where (circle): class · hallway · lunch · job site · home · other: ____

If it doesn't help, I will (Plan B or ask an adult): _____

My go-to adult (role or initials): _____

✔ Goal check (me + partner)

☐ One feeling or trigger	☐ One tool I already know	☐ How many times a week	☐ How I'll know it helped	☐ Until winter break (12/18)

📈 Weekly self-check (first class of each week, after the check-in form)

Week of	Times I used it	Did it help? (1–5)	Next week I will…
____	0 1 2 3+	1 2 3 4 5	
____	0 1 2 3+	1 2 3 4 5	
____	0 1 2 3+	1 2 3 4 5	
____	0 1 2 3+	1 2 3 4 5	
____	0 1 2 3+	1 2 3 4 5	
____	0 1 2 3+	1 2 3 4 5	

🎯 My Calm-Down Goal code: __ __

When I feel _____

I will _____

Target: ___ times a week · It helped when _____

Draw yourself using your tool:

🎯 My Calm-Down Goal code: __ __

When I feel _____

I will _____

Target: ___ times a week · It helped when _____

Draw yourself using your tool: