

My Calm-Down Choices Worksheet

When I feel overwhelmed, I can try:



☐ Take slow breaths

☐ Get some quiet time



☐ Draw or write

☐ Take a short movement break



☐ Talk to a trusted adult

☐ Drink some water



☐ Listen to calming music

☐ Use another strategy that works for me: _____



When I am angry,
I might try:



When I am worried,
I might try:



When I am sad,
I might try:



My First Choice:

