Calm Down Kit Contents
Directions Included:

Page 1: Box/Basket Labels. Print, cut and Laminate. Attach where needed.

Page 2: When I'm Angry Visual Calming cards. Print, cut, laminate, and use for prompting.

Page 3-8: How I can Calm Down Social Story. Print, cut apart, laminate, bind with binder rings. Use as needed during meltdowns and as front loading on a daily/weekly basis.

Page 9-10: Two different color options for the "How Do You Feel Today?" choice board. Print, laminate and implement when asking students how they feel. This can also be used to learn/study/quiz about common emotions.

Page 11-15: How Do You Feel Conversation Cards: Print, cut apart, glue Question and Answer cards back to back, laminate, attach velcro to pages 13-15 to allow for choice making.

Page 16-23: Emotions Flash Cards. Print, cut apart, laminate.

Page 24: Behavioral Necklace Choices. Print, cut apart, laminate, whole punch and place on a staff lanyard. These PECS can also be used in a student's PEC book if preferred.

Page 25: Take 5 deep breaths visual cue card. Print, cut apart, laminate, attach with velcro. Implement during melt-downs.


Visit my blog at
www.theadventuresofroom83@blogspot.com
email: theadventuresofroom83@gmail.com
Tweet me: @adventuresof83
Facebook: Room eighty-three
When I'm Angry

I will...

- Sit in my chair
- Fold my hands
- Take 5 breaths
- Count to 10
- Drink water
- Return to work

When I'm Frustrated

I will...

- Sit in my chair
- Fold my hands
- Take 5 breaths
- Count to 10
- Drink water
- Return to work
How I Can Calm Down

I come to school to try my best.
Sometimes at school I get angry or frustrated.

It is okay to be angry or frustrated.
When I get angry,
I need to calm down.

First, I need to sit in a chair.
Continued... Social Story #1

Next, I need to fold my hands on my lap.

I need to take 10 deep breaths.
After that, I will count to ten in a calm voice. I will drink some water to cool down.
Continued... Social Story #1

When I am calm, I will finish my work.

It is okay to get upset, I can calm down.
How Do You Feel Today?

- excited
- tired
- angry
- bored
- hungry
- mad
- sad
- happy
- scared
- sick
- anxious
- thirsty
How Do You Feel Today?

- excited
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"How Do You Feel" conversation cards. Print and glue question and Answer pieces back to back, and provide PECS choice board for student.
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How Do You Feel Today?

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(Blank spaces for responses)
How Do You Feel Today?
"How Do You Feel" PECS Choices

excited

excited

angry

angry

tired

tired

bored

bored

hungry

hungry

mad

mad

sad

sad

happy

happy

scared

scared

sick

sick

anxious

anxious

thirsty

thirsty
depressed

embarrassed

disappointed

excited
hungry

hurt

nauseated

proud
lonely
mad
sad
sick
surprised

thirsty

upset

worried
tired  

great

Page 16-23 Flashcards Uses:
- Word Wall
- Memory/Match (Print 2x)
- Sort emotions
- Word Work/Writing Prompts
- Vocabulary centers
- Spelling lists/words
I need a break

I want water

I want to rest

I want to go for a walk

I need a sensory break

leave me alone

Behavioral Necklace Commands
This can be used to prompt students to calm down by taking 5 deep breaths. You can choose to either have students remove the PEC from their card with each breath, or you can hand them the PEC to be placed on the card with each breath. This is a great motivating visual to assist students with calming down on their own.
What would help you feel better?
What would help you feel better?