CALM DOWN KIT

VISUAL STRATEGIES, PECS AND SOCIAL STORIES FOR STUDENTS WITH BEHAVIORAL NEEDS

CREATED BY: MELISSA TOTH

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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, cute, 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 baord. 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.
Page 26-28: What Will Make You Feel Better Choice Board. Print, cut, laminate.

Visit my blog at
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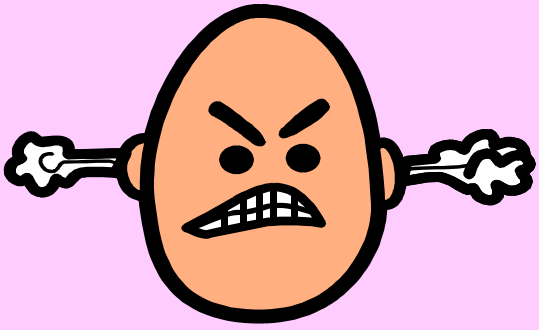
Facebook: Room eighty-three

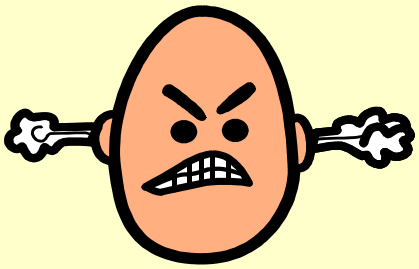
Box/Basket Labels

CALM DOWN KIT

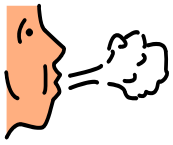
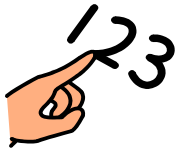
CALM DOWN KIT



When I'm Angry

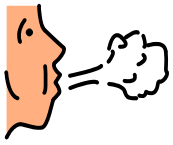


I will...

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

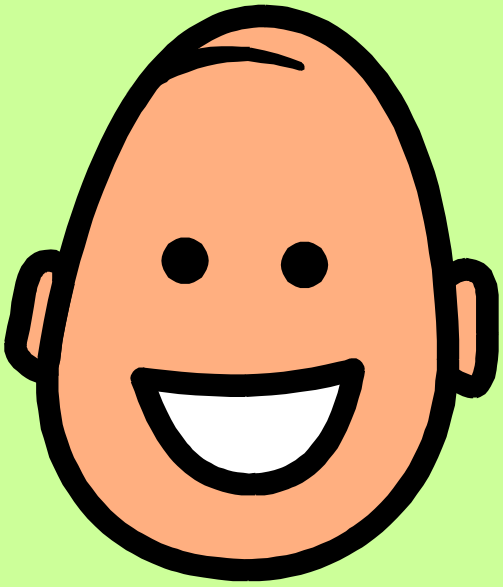
When I'm Frustrated

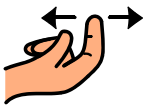
I will...

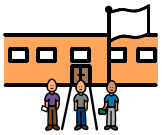
- Sit in my chair
- Fold my hands
- Take 5 breaths 
- Count to 10
- Drink water
- Return to work

Print, cut apart, laminate and bind. Social Story/ Visual Cues for coping with stress/anxiet/anger

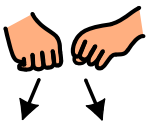
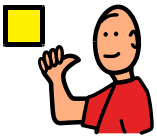
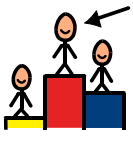
How I Can Calm Down





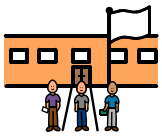


I come to school to

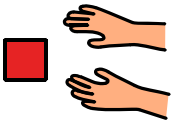




try my best.

Continued... Social Story #1



Sometimes at school I

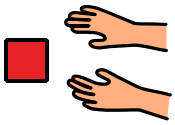
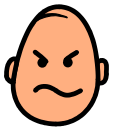


get angry or frustrated.

It is okay to be

angry or frustrated.

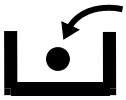
Continued... Social Story #1

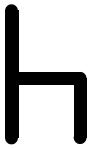



When I get angry,

I need to calm down.

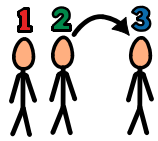
First, I need to

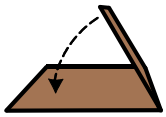




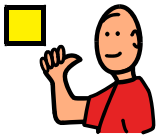
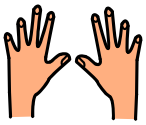
sit in a chair.

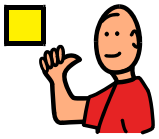
Continued... Social Story #1



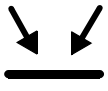
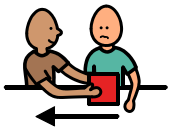


Next, I need to fold

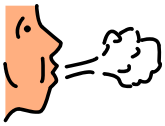


my hands on my lap.

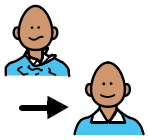
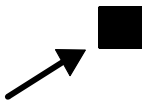
10

I need to take 10

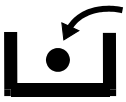


deep breaths.

Continued... Social Story #1

After that, I will count

10

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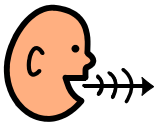
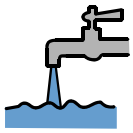
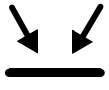
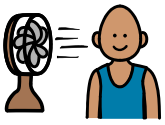


to ten in a calm voice.



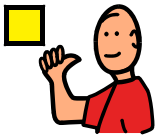
I will drink some water

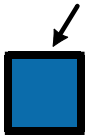
to cool down.

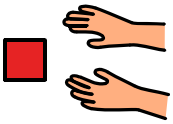
Continued... Social Story #1

When I am calm, I



will finish my work.

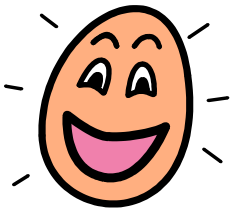
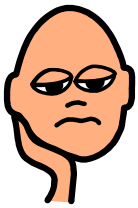
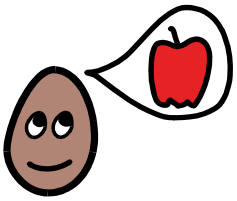
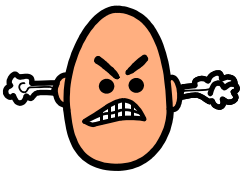
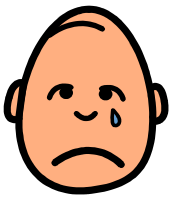
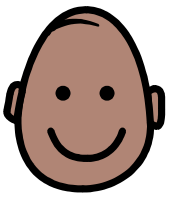
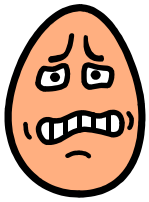
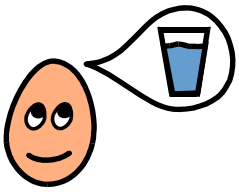




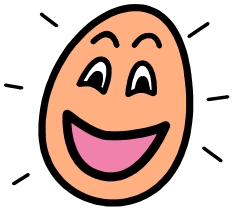
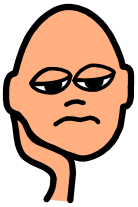
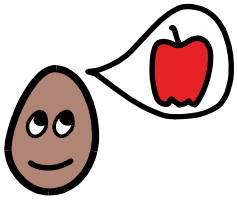
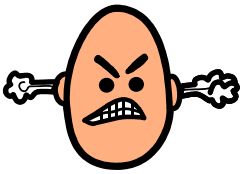
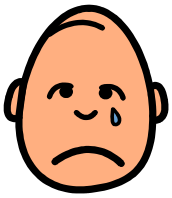
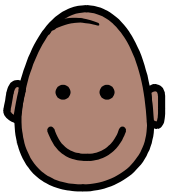
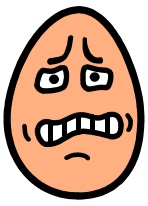
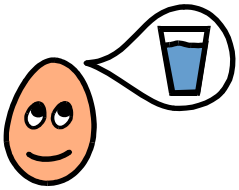
It is okay to get

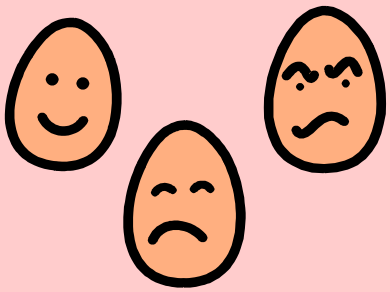
upset, I can calm down.

How Do You Feel Today?

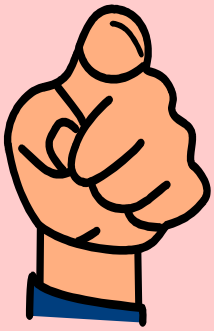
excited 	tired	angry	bored 
hungry 	mad 	sad 	happy 
scared	sick	anxious 	thirsty 

How Do You Feel Today?

excited 	tired	angry	bored 
hungry 	mad 	sad 	happy 
scared	sick	anxious 	thirsty 

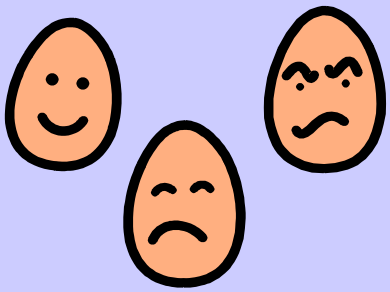


How Do You Feel Today?

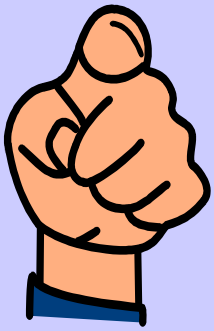


I Feel

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



How Do You Feel Today?



I Feel

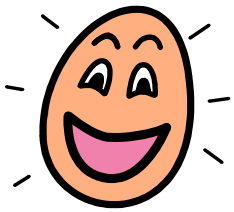
"How Do You Feel" conversation cards.
Print and glue question and Answer pieces back to back,
and provide PECS choice board for student.

How Do You Feel Today?

How Do You Feel Today?

"How Do You Feel" PECS Choices

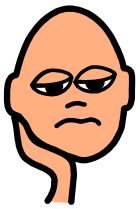
excited



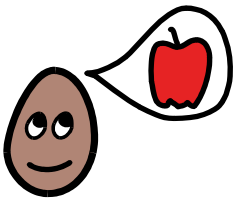
tired

angry

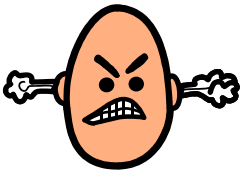
bored



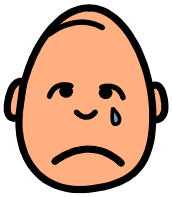
hungry



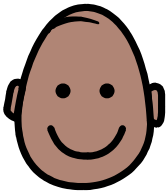
mad



sad



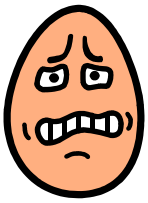
happy



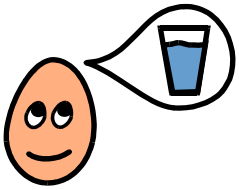
scared

sick

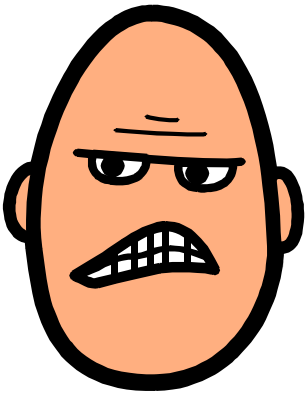
anxious



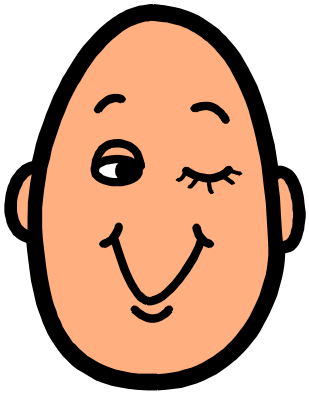
thirsty



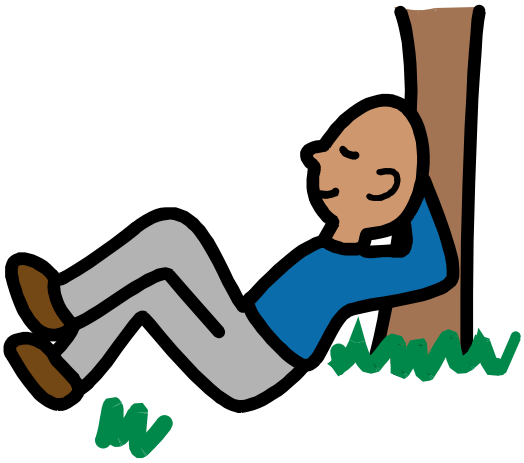
jealous



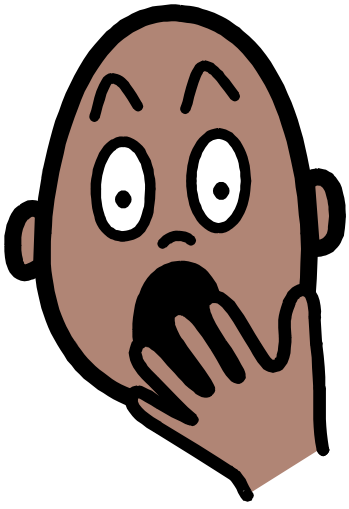
flirt



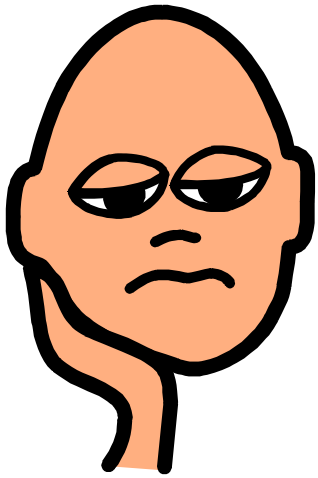
lazy



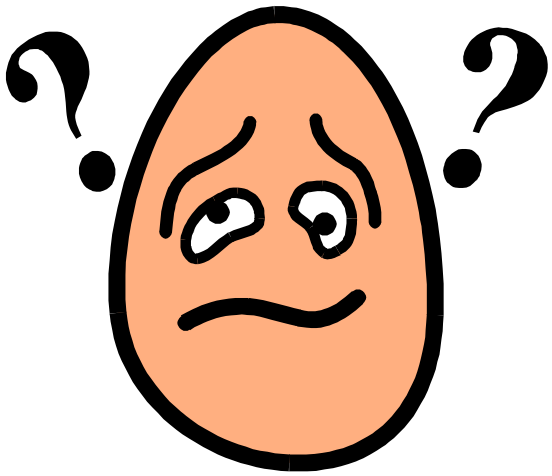
afraid



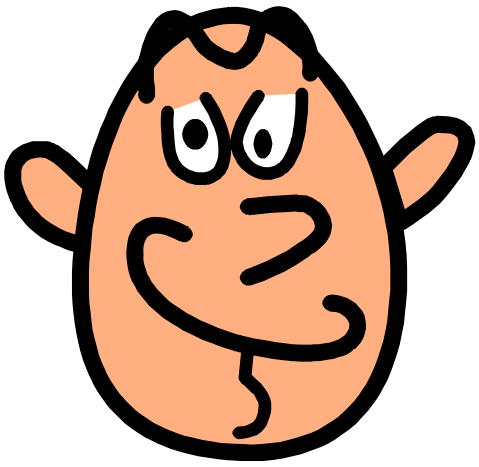
bored



confused

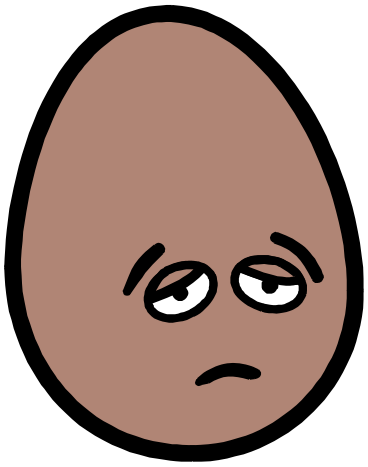


crazy

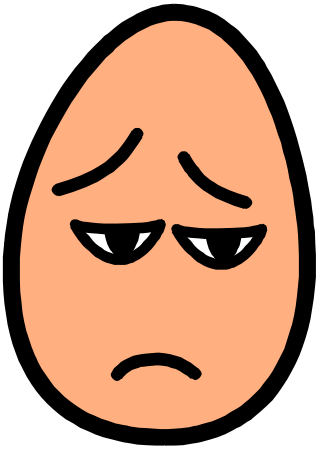


curious

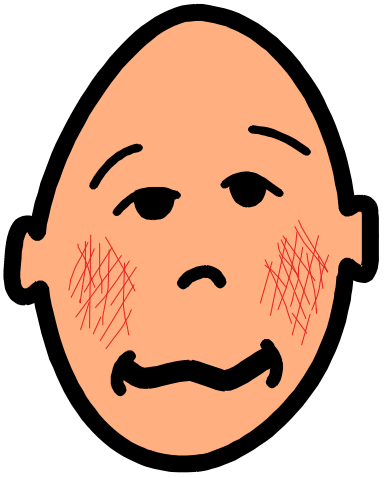
depressed



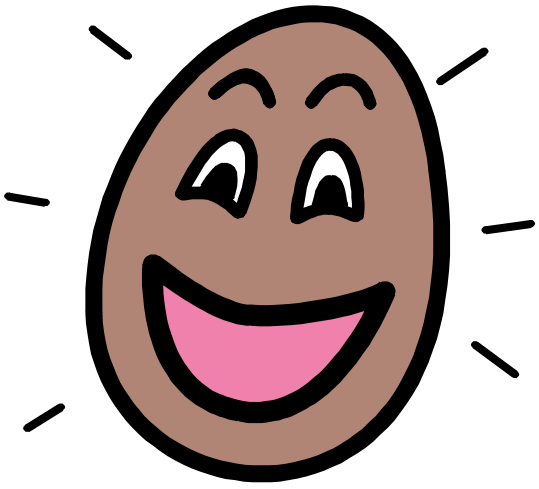
disappointed



embarrassed

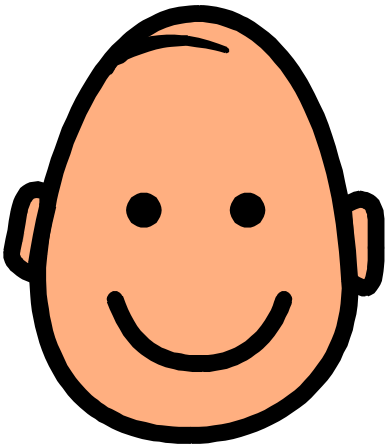


excited



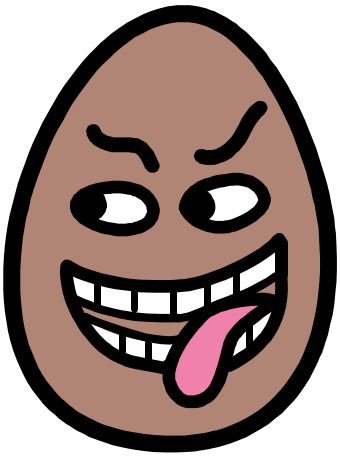
frustrated

happy

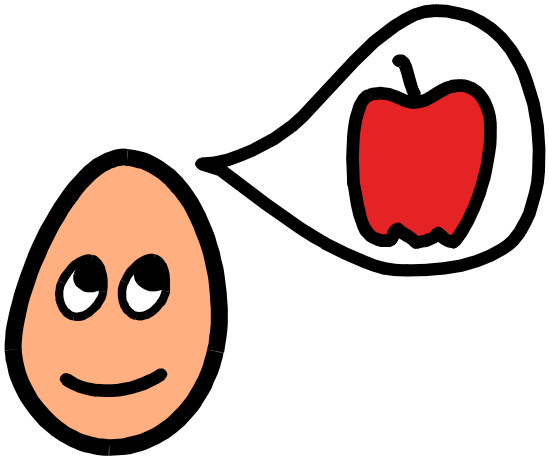


homesick

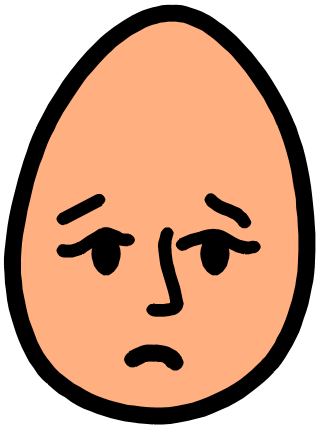
horny



hungry

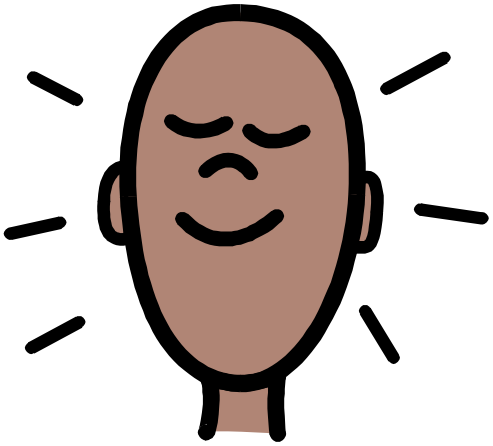


hurt

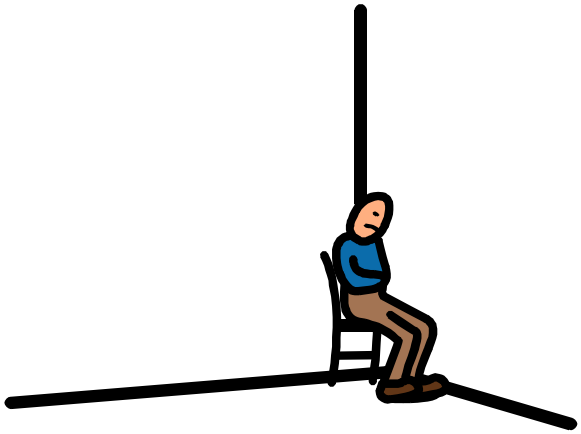


nauseated

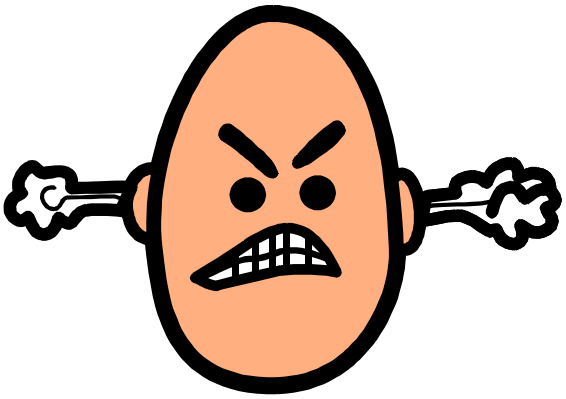
proud



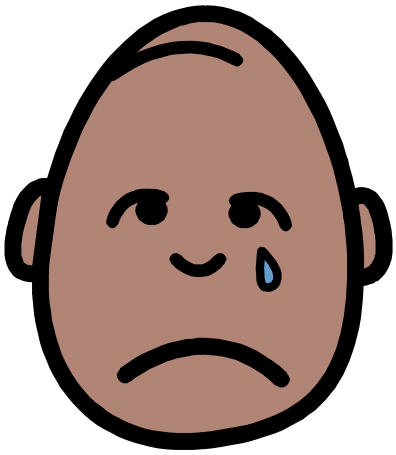
lonely



mad

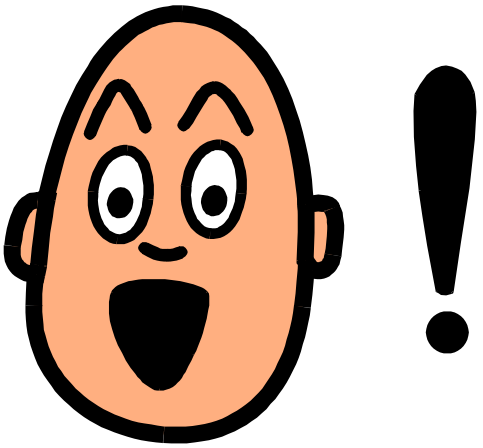


sad

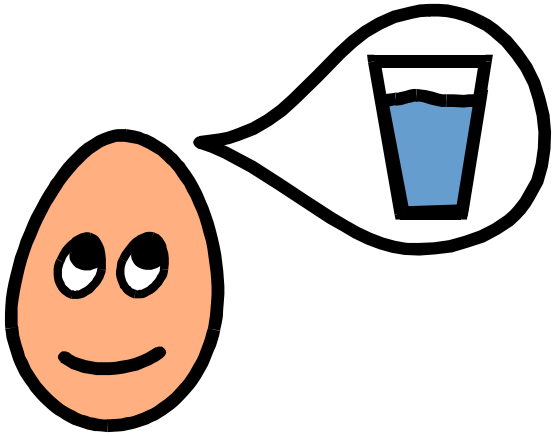


sick

surprised

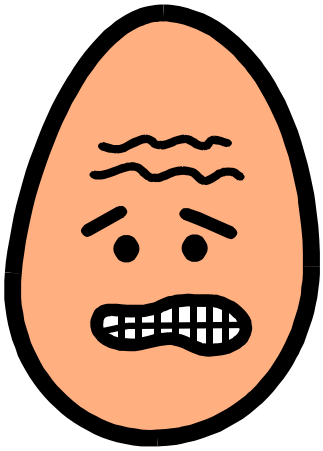


thirsty

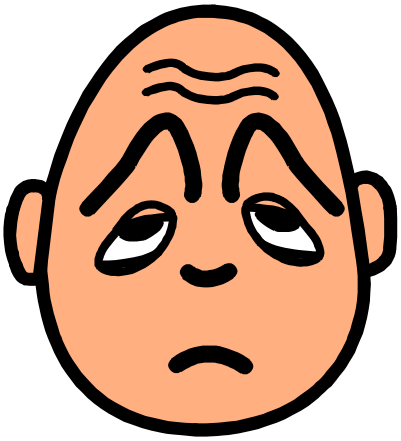


upset

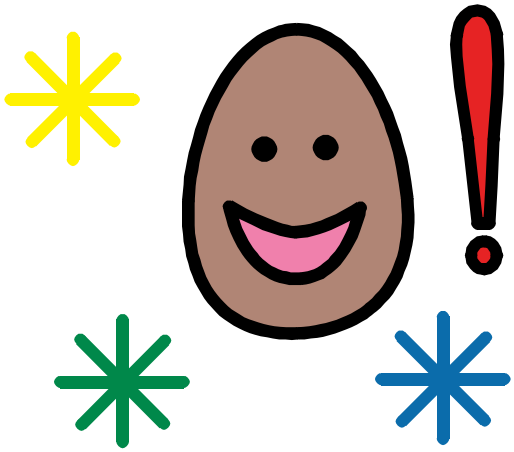
worried



tired

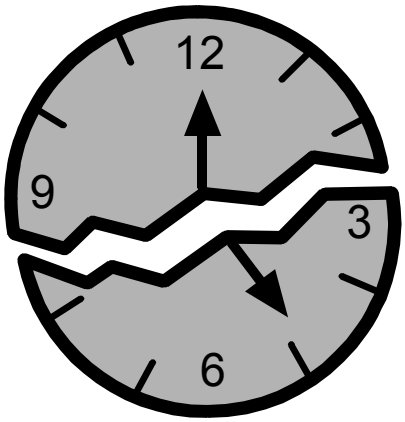


great



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

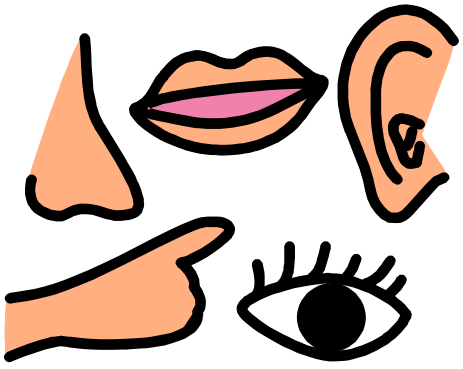


I want water

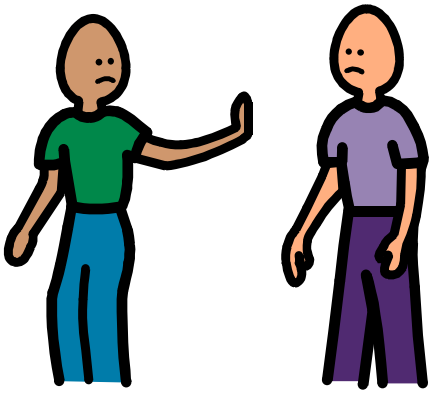
I want to rest

I want to go for a walk

I need a sensory break



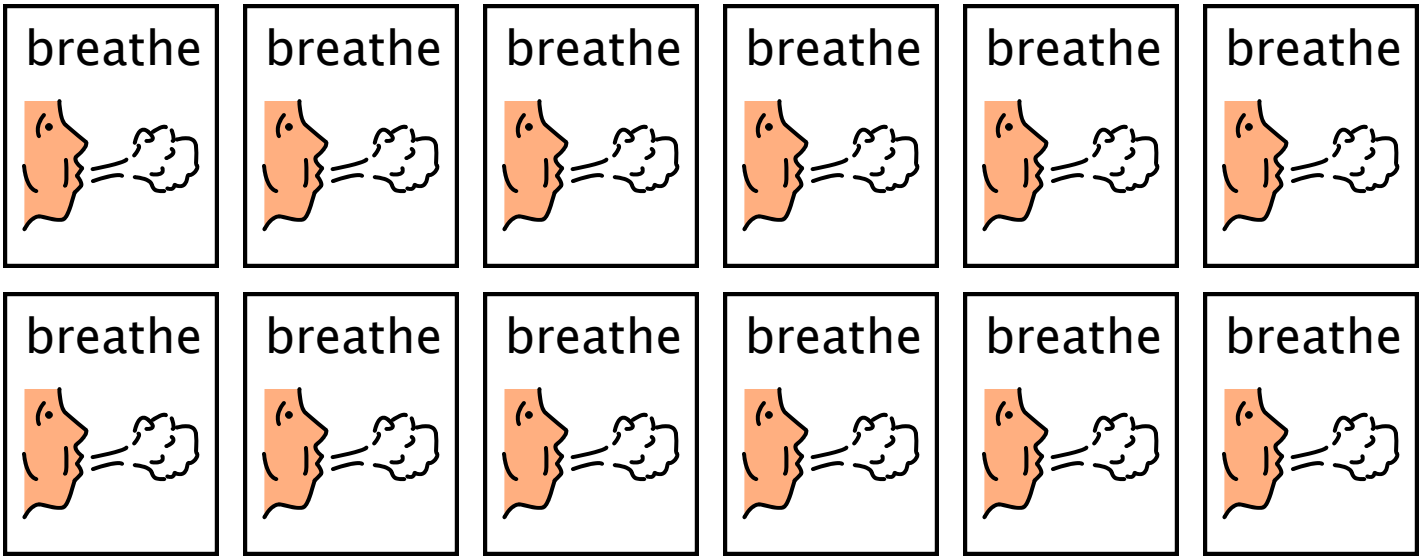
leave me alone



Beahvioral Necklace Commands

I will take 5 deep breaths

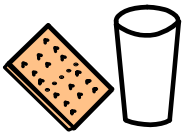
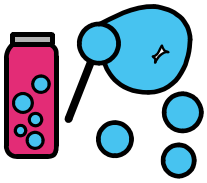
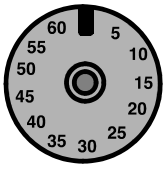
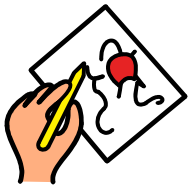
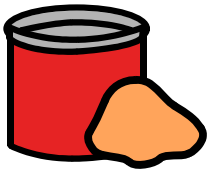
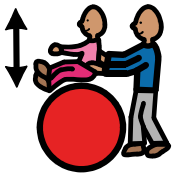
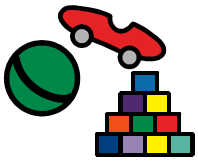
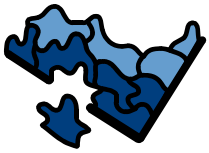
1	2	3	4	5



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?

water	snack 	relax	bean bag
swing	music	bubbles 	ipod
timer 	walk	draw 	play dough 
bounce on ball 	toys 	puzzle 	book