Section 6

This page is for you, and you can skip it if you like. You can fill it in yourself, or tell a grown-up what to write.

Name _____ **Date** _____

My calm plan

When I'm upset, my grown-up will say:

_____

My steps

These steps happen later, once we are both calm.

1. I tell what happened.
2. I say what I felt.
3. I listen to what my grown-up noticed.
4. I pick one thing to try next time. If I can't think of one, my grown-up gives me two ideas, and I pick one.
5. We both say the plan out loud.

Then we check. Did I tell what happened and pick one thing to try next time?

If my grown-up helps me once, it can still be Yes. If I need two or more nudges, or I only do one part, it is Almost.

If there was no meltdown today, we talk about the hardest small upset. A day with no talk is skipped. A day we both circle Not yet is skipped too.

When my grown-up and I circle the same Yes or Almost three practice days in a row, I start checking on my own.

Name _____ Date _____

My check

Day 1. What we talked about: _____

Did I tell what happened and pick one thing to try next time?

○ Yes ○ Almost ○ Not yet

Day 2. What we talked about: _____

Did I tell what happened and pick one thing to try next time?

○ Yes ○ Almost ○ Not yet

Day 3. What we talked about: _____

Did I tell what happened and pick one thing to try next time?

○ Yes ○ Almost ○ Not yet

Day 4. What we talked about: _____

Did I tell what happened and pick one thing to try next time?

○ Yes ○ Almost ○ Not yet

Day 5. What we talked about: _____

Did I tell what happened and pick one thing to try next time?

○ Yes ○ Almost ○ Not yet

☐ **All done**