Stop Zone

STOP! This is the



Move away to feel safe

Find an adult to help you with your feelings

Breathe slowly and wait for the storm to pass

Say how you feel: "I'm mad."
"I'm sad." "I need help."



Warning Zone

Slow down and take a moment to check in with yourself.

Ask yourself: "How do I feel right now?

Take 3 deep breaths to calm

down



 Do something that helps: a hug, or drawing

Caution Zone

can still calm

Take a break

Ask to go to a quiet spot Talk with a trusted friend

or adult

 Take deep breaths and count to 10

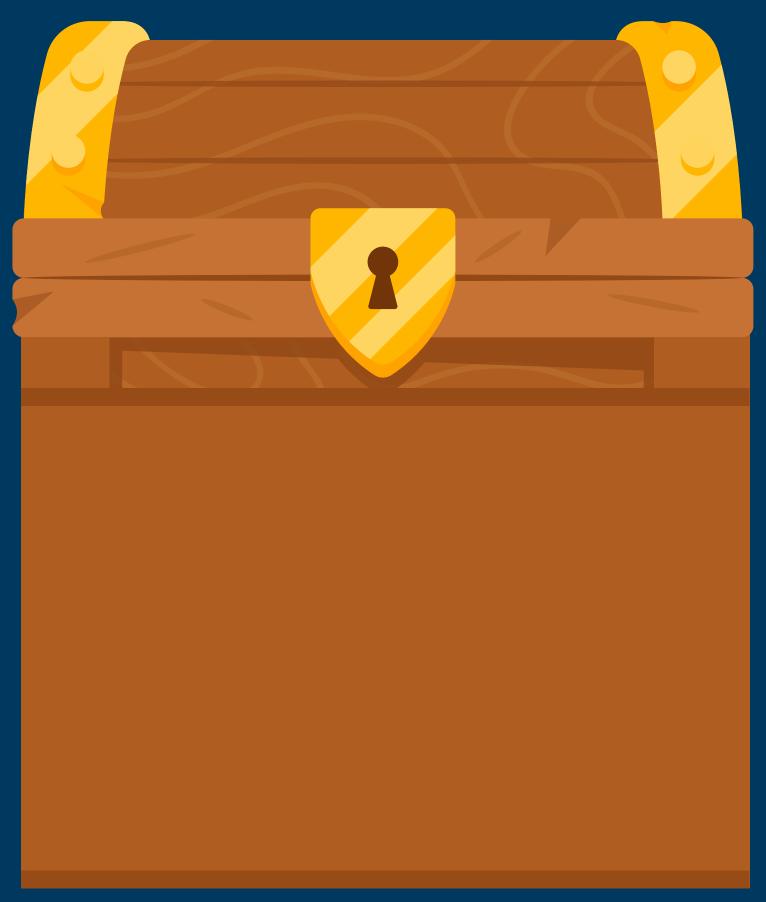


Calm Zone

Great job! You're calm, focused, and relaxed.



The Calm Toolbox



The Calm Toolbox

Cut out the tools that work best for you and put them in your Calm Toolbox.

