

The Calm-o-Meter



Stop Zone

STOP! This is the time to step back and ask for help.



- 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

Your feelings are rising, but you can still calm them.



- 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.

