



Parent Handouts & Worksheets:

Creating a Personalized Calm-Down Plan

Helping your child manage **big emotions** starts with a **clear, personalized plan**. Use this worksheet to identify **triggers, warning signs, and calming strategies** that work best for your child.

Common Triggers

(What situations or events typically lead to frustration or meltdowns?)

- ◆ _____
- ◆ _____
- ◆ _____

Warning Signs Before a Meltdown

(What are the early cues that your child is becoming dysregulated?)

- ◆ _____
- ◆ _____
- ◆ _____

Calm-Down Strategies to Try

(Which techniques help your child self-regulate?)

- ✓ **Deep breathing exercises** (e.g., "Smell the flower, blow out the candle")
- ✓ **Movement break** (jumping jacks, stretching, or a short walk)
- ✓ **Quiet space with a calming activity** (coloring, reading, sensory play)
- ✓ _____
- ✓ _____



Preferred Tools from the Calm-Down Toolbox

(What items help soothe your child?)

- ◆ Fidget toys or stress ball
- ◆ Weighted blanket or stuffed animal
- ◆ Noise-canceling headphones or soft music

- ◆ _____
- ◆ _____

Parent's Response Plan (Simple Scripts to Use)

(What calming words and phrases can you use to guide your child through emotional moments?)

- ✓ "I see that you're upset. I'm here to help."
- ✓ "Would you like to take a break or try again?"
- ✓ "Let's take three deep breaths together."

- ✓ _____
- ✓ _____

Need Help Creating a Personalized Emotional Regulation Plan?

Book a **free 30-minute consultation** for expert guidance on **building a calm-down plan that works for your child.**




[Schedule Here](#)

Empower • Educate • Elevate

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A well-prepared **calm-down plan** helps your child feel **safe, supported, and capable of managing big emotions.** Which strategy will you try first? 

Warmly,

Tom