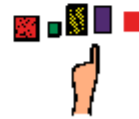


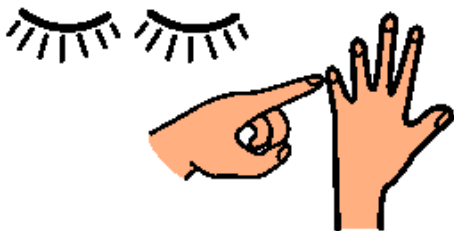
This Calm Down checklist is a visual aid to support children who may be experiencing challenges due to changes in routine and schedule.

# Calm Down Checklist



When I am frustrated, angry or upset, I will choose to....

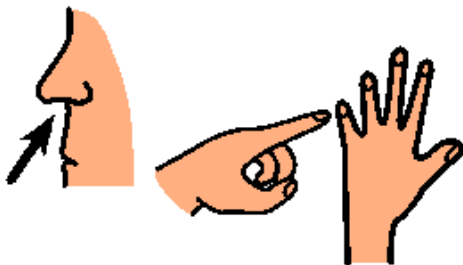
close eyes and count to five



ask for a break



take deep breaths and count to five



ask to take a walk



ask for a sensory activity



ask for help

