

When I feel \_\_\_\_\_ I will...



**STOP.**



**THINK.**



**MAKE A GOOD CHOICE.**

When I feel \_\_\_\_\_,

I will try

\_\_\_\_\_, or

\_\_\_\_\_, or

\_\_\_\_\_

**so that I stay calm and make a good choice!**



take deep  
breaths



exercise



spend time  
with a pet

1 2 3 4 5  
6 7 8 9 10



count to ten



listen to  
music



go for a walk



watch TV



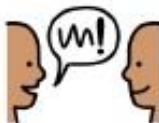
ask for help



write in a  
journal



draw or color



talk to  
someone



think positive  
thoughts



meditate



pray



go to my  
room

It is ok to feel any emotion. It is not ok to have negative behaviors (like yelling, hitting self or others, or destroying property). This plan can be used to create a reminder of calming strategies someone can use to make a good choice and control his/her emotions.

For example:

When I feel anxious,

I will try

deep breathing, or

drawing, or

listening to music

**so that I stay calm and make a good choice!**