


Calming Plan

1. Quietly and calmly go to a quiet place and set the timer for 5mins 
2. Count to 10 slowly. Then count backward from 10 slowly 
3. Take 10 deep breaths 
4. Use a picture and visualise a calm place 
5. Squeeze a stress ball 
6. Pat myself on the back for using my calming plan and strategies and not losing control!

