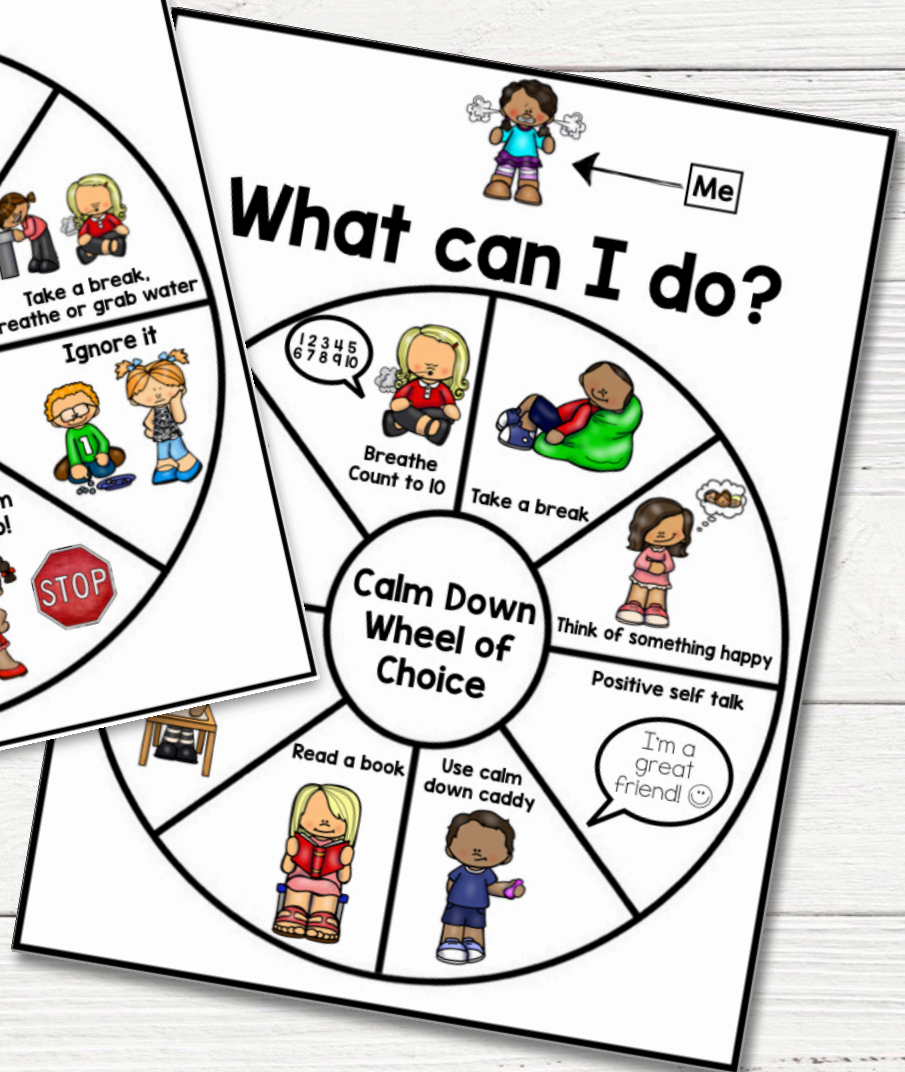
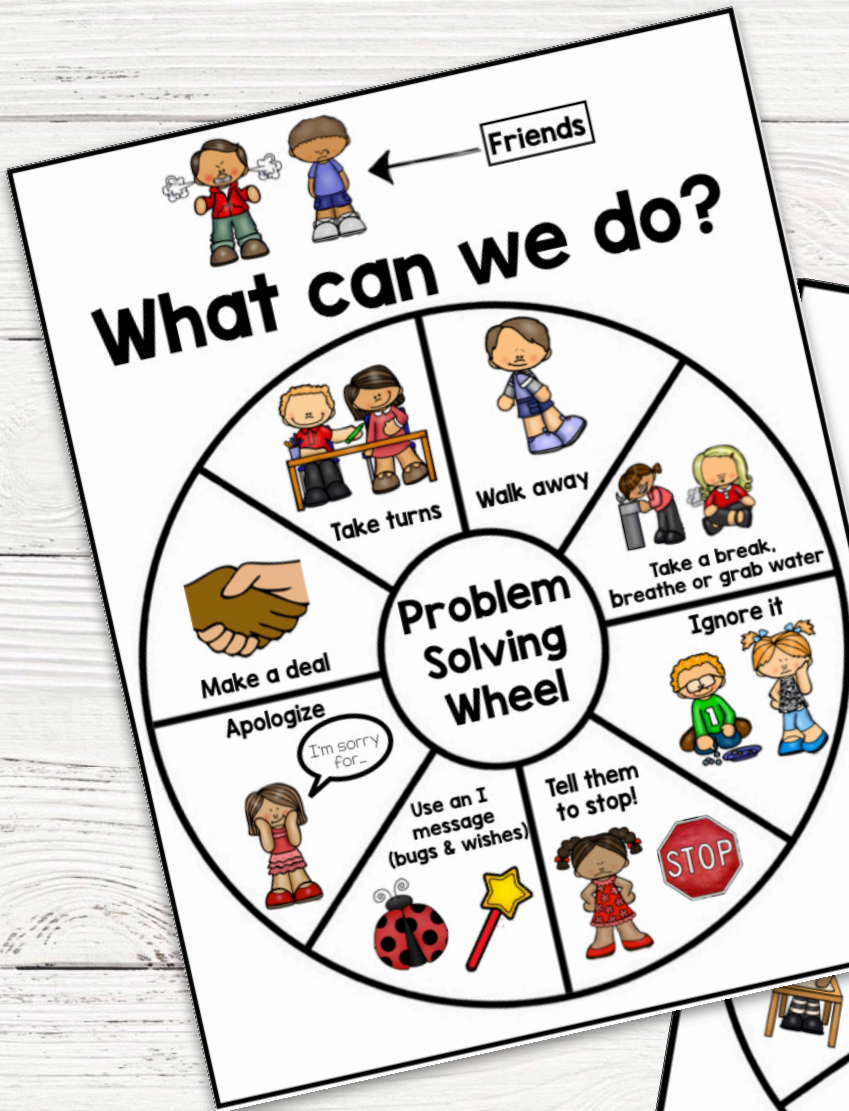


# CALM DOWN

## strategies & tools





thank YOU for downloading!

I sincerely hope that you find this resource to be useful in your classroom. If you have any questions or suggestions, feel free to contact me via email:  
[teachingwithhappiness@gmail.com](mailto:teachingwithhappiness@gmail.com)



let's connect!



[Teachers Pay Teachers](#)



[@teachingwithhappiness](#)



[teachingwithhappiness@gmail.com](mailto:teachingwithhappiness@gmail.com)

terms of use:

- \* Every page of this resource is copyrighted. You may not use any part of this resource to create another resource.
- \* This resource is licensed for single classroom use only. Do not redistribute. Duplication in mass quantities, such as for an entire team or school is not allowed without written permission from the seller. Copying parts of this product and using it in ways other than for classroom use is not permitted and is a violation of the Digital Millennium Copyright Act. If you would like to share, PLEASE purchase the appropriate number of licenses.
- \* Feel free to share about the use of this resource on blogs and/or social media, but please credit **TEACHING** with happiness and provide a link when possible.
- \* Thank you for supporting me!





**Friends**

# What can we do?



**Take turns**



**Walk away**

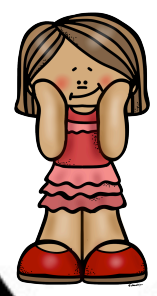


**Make a deal**



**Take a break, breathe or grab water**

**Apologize**



**Ignore it**



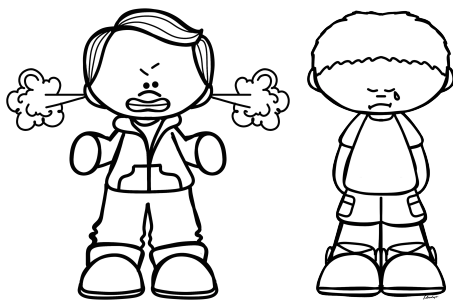
**Use an I message (bugs & wishes)**



**Tell them to stop!**

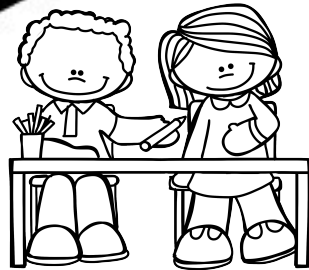


## Problem Solving Wheel



**Friends**

# What can we do?



**Take turns**



**Walk away**

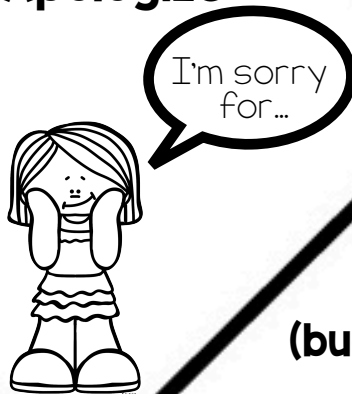


**Make a deal**



**Take a break,  
breathe or grab water**

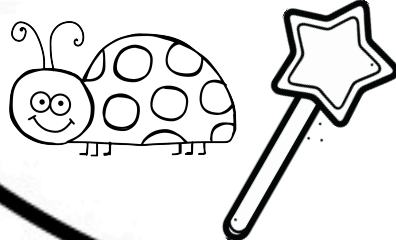
**Apologize**



**Ignore it**



**Use an I  
message  
(bugs & wishes)**



**Tell them  
to stop!**



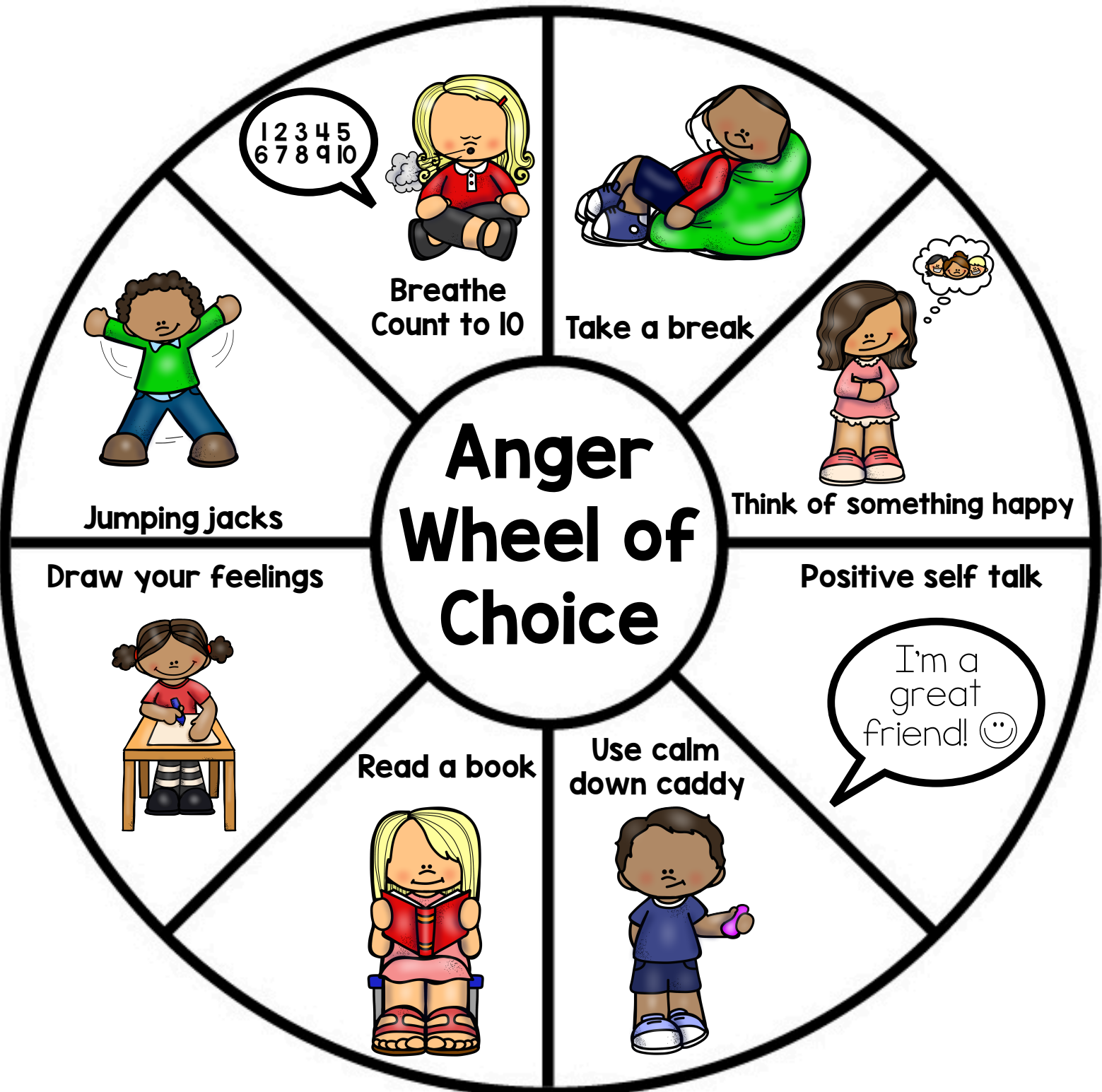
**Problem  
Solving  
Wheel**

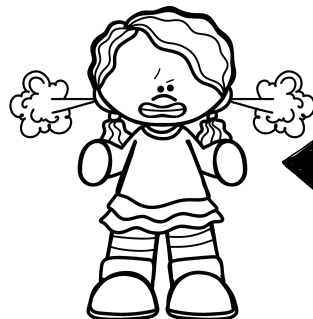




Me

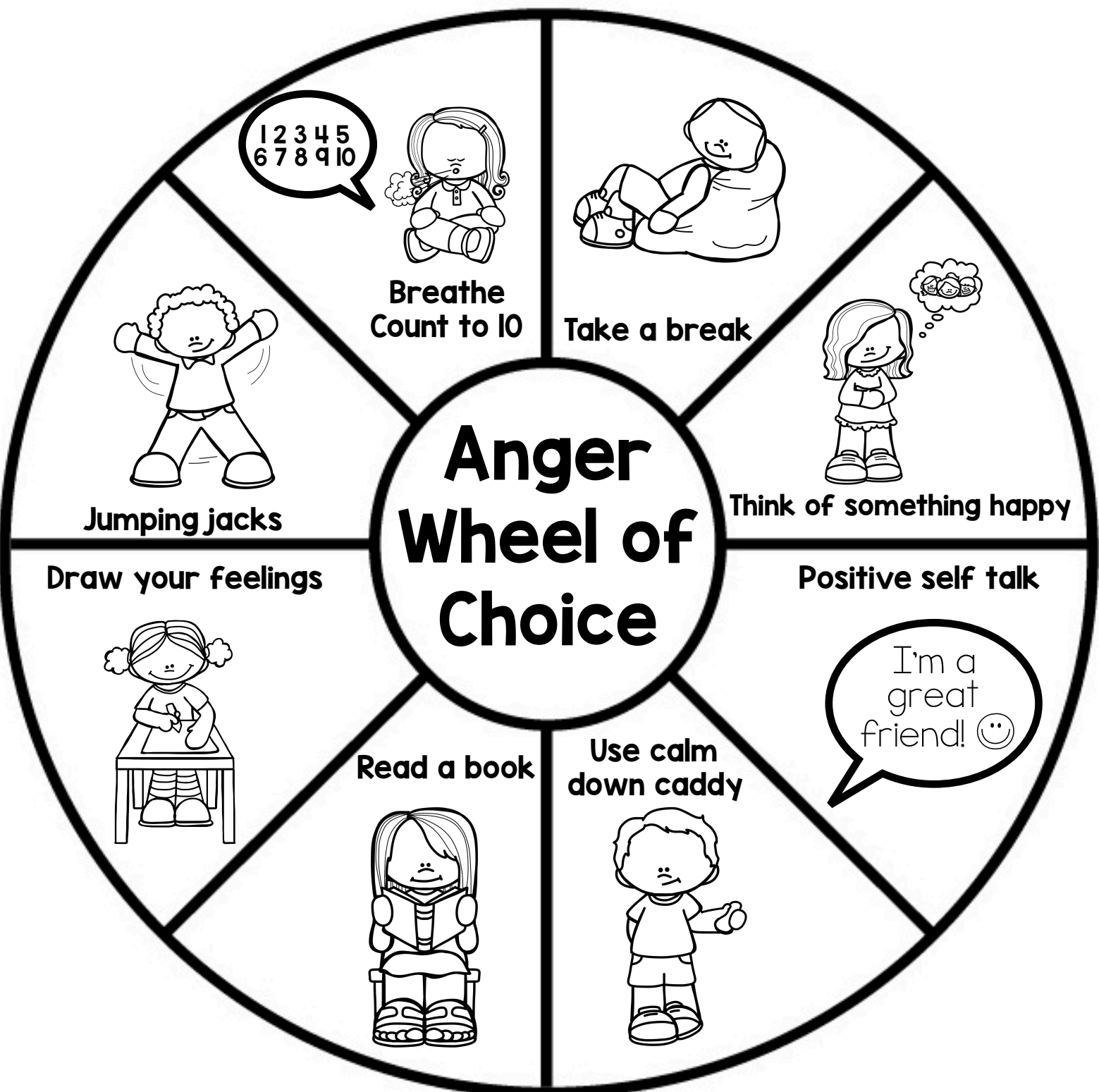
# What can I do?





Me

# What can I do?

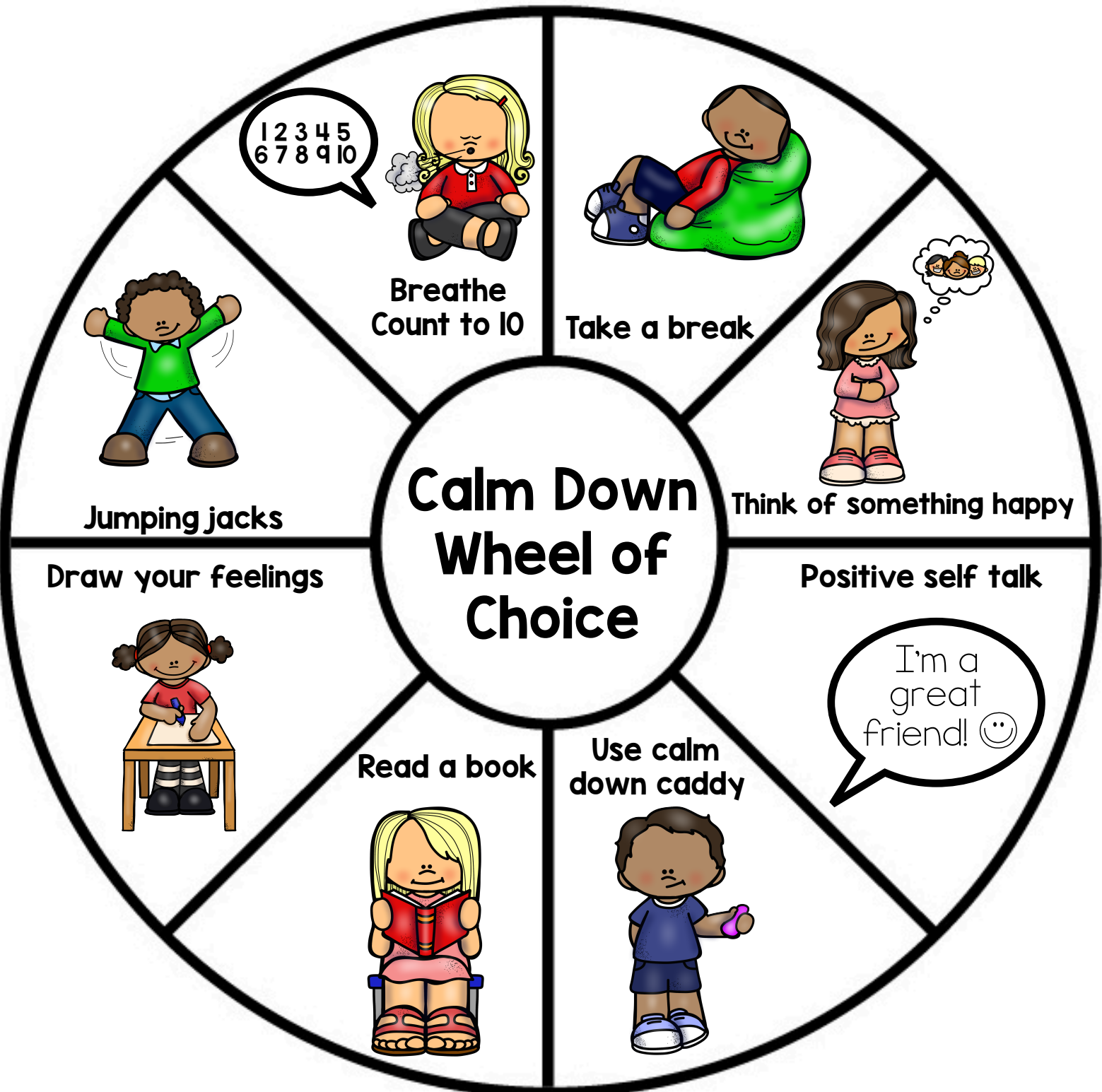


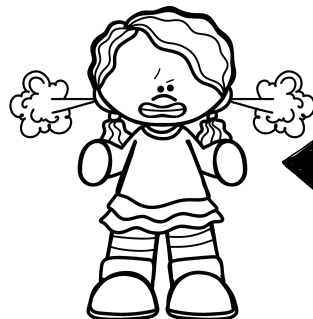




← Me

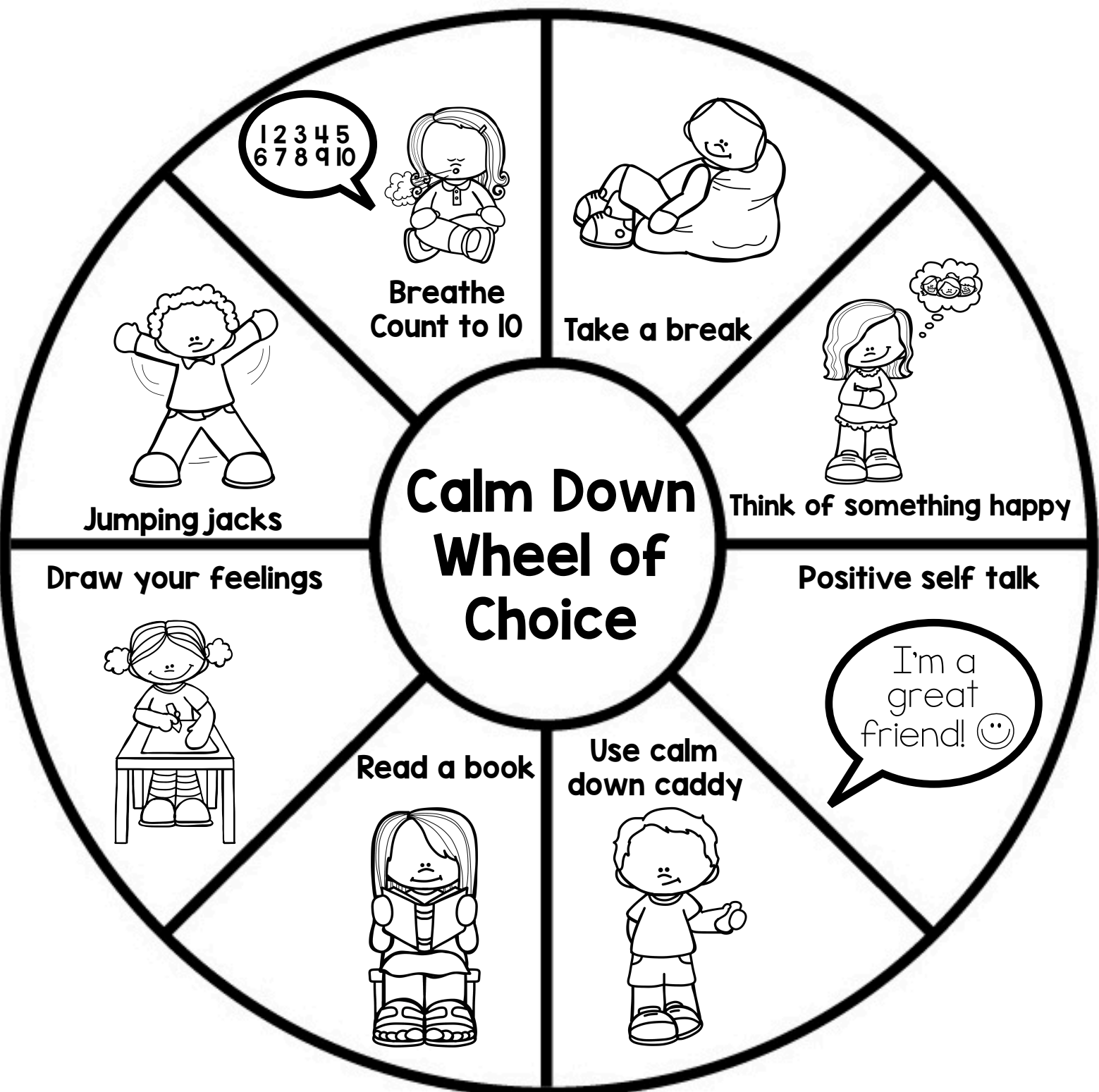
# What can I do?





Me

# What can I do?







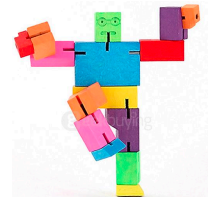
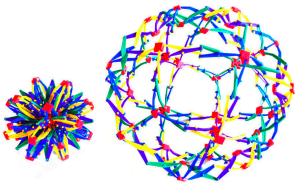
# "I NEED TO GET CALM!"



1. Go to take a break area.



2. Choose a calm down tool.



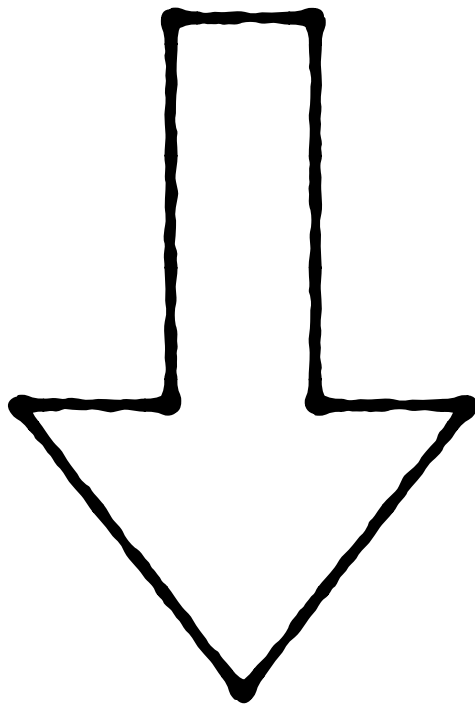
3. Set the timer.



4. Back to work!



Use the next page  
to add your own  
real life pictures or  
clipart of each  
step!







# "I NEED TO GET CALM!"



**1. Go to take a break area.**

**2. Choose a calm down tool.**

**3. Set the timer.**

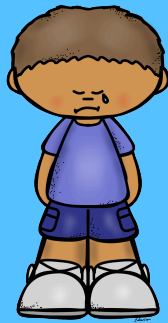
**4. Back to work!**

# What zone are you in?

## BLUE ZONE



Sick



Sad



Tired



Bored

## GREEN ZONE



Calm



Happy



Feeling Ok



Ready to Learn

## YELLOW ZONE



Silly



Worried



Frustrated



Excited

## RED ZONE



Terrified



Mad/Angry



Yelling



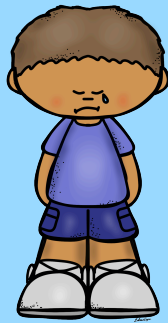
Hitting

# What zone are you in?

## BLUE ZONE



Sick



Sad



Tired



Bored

## GREEN ZONE



Calm



Happy



Feeling Ok



Ready to Learn

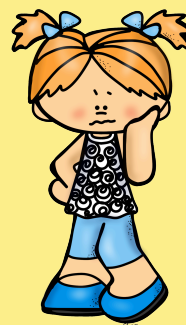
## YELLOW ZONE



Silly



Worried



Frustrated



Excited

## RED ZONE



Terrified



Mad/Angry



Yelling



Hitting

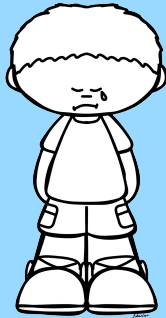


# What zone are you in?

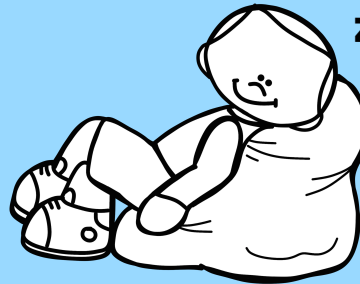
## BLUE ZONE



Sick



Sad



Tired

zzZ

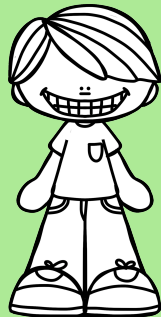


Bored

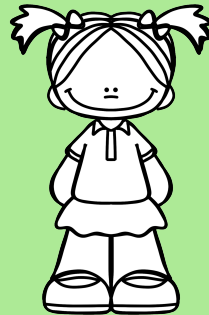
## GREEN ZONE



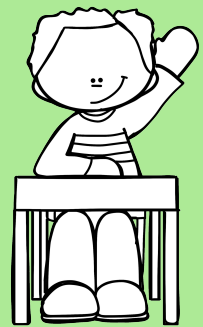
Calm



Happy

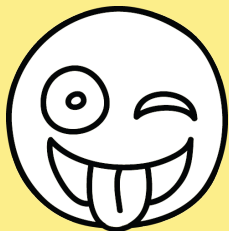


Feeling Ok



Ready to Learn

## YELLOW ZONE



Silly



Worried



Frustrated

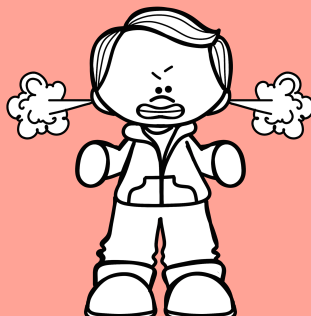


Excited

## RED ZONE



Terrified



Mad/Angry



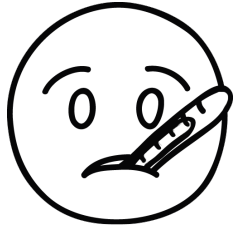
Yelling



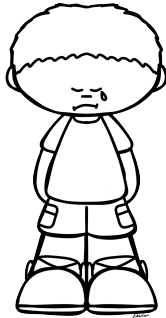
Hitting

# What zone are you in?

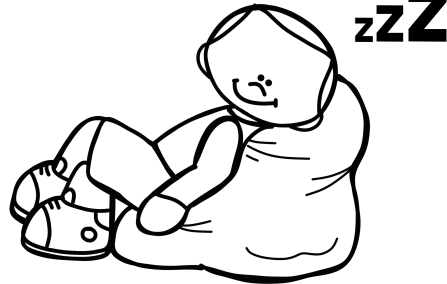
## BLUE ZONE



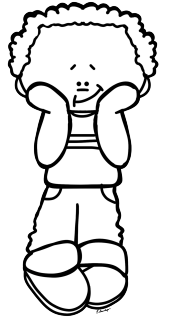
Sick



Sad



Tired

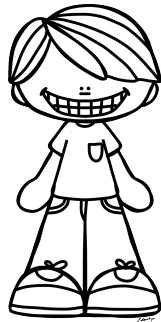


Bored

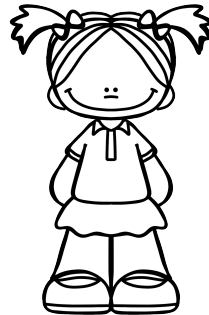
## GREEN ZONE



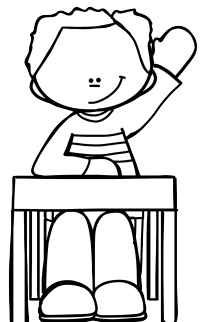
Calm



Happy

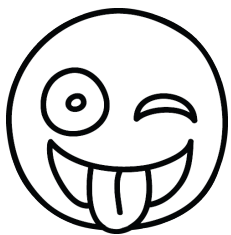


Feeling Ok



Ready to Learn

## YELLOW ZONE



Silly



Worried



Frustrated

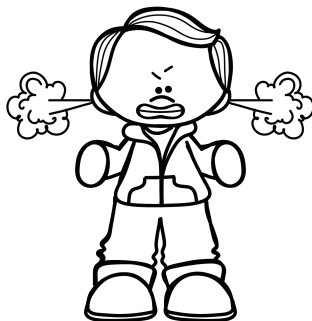


Excited

## RED ZONE



Terrified



Mad/Angry

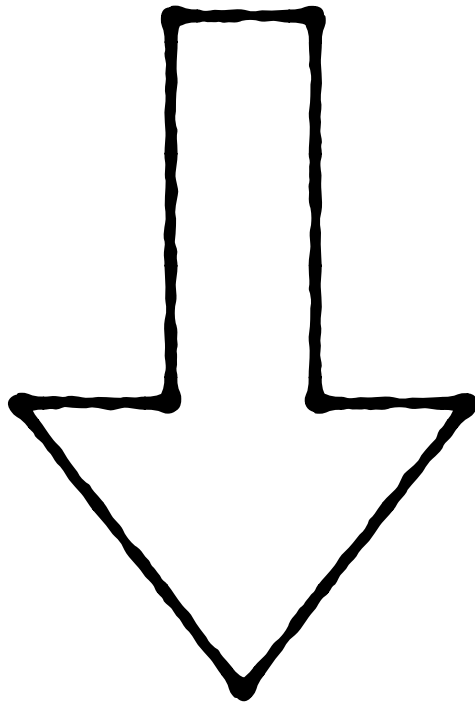


Yelling



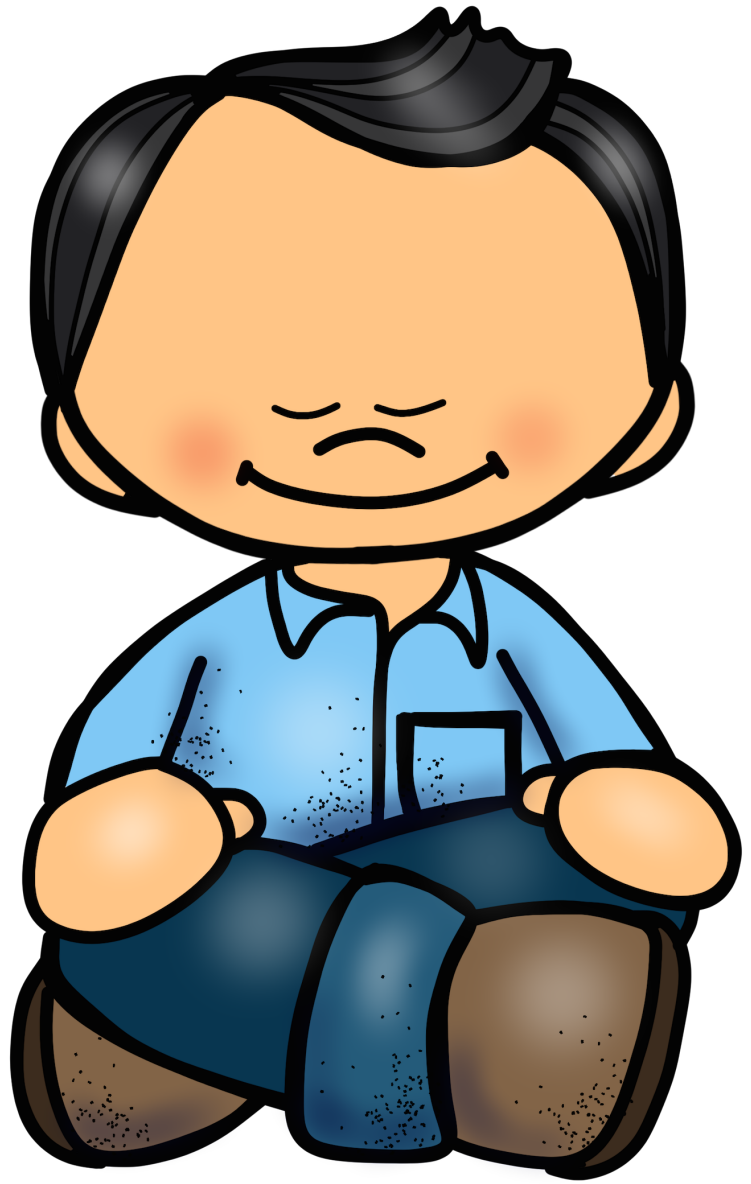
Hitting

Use the next page  
as a binder cover  
or however you  
see fit in your  
classroom! 😊

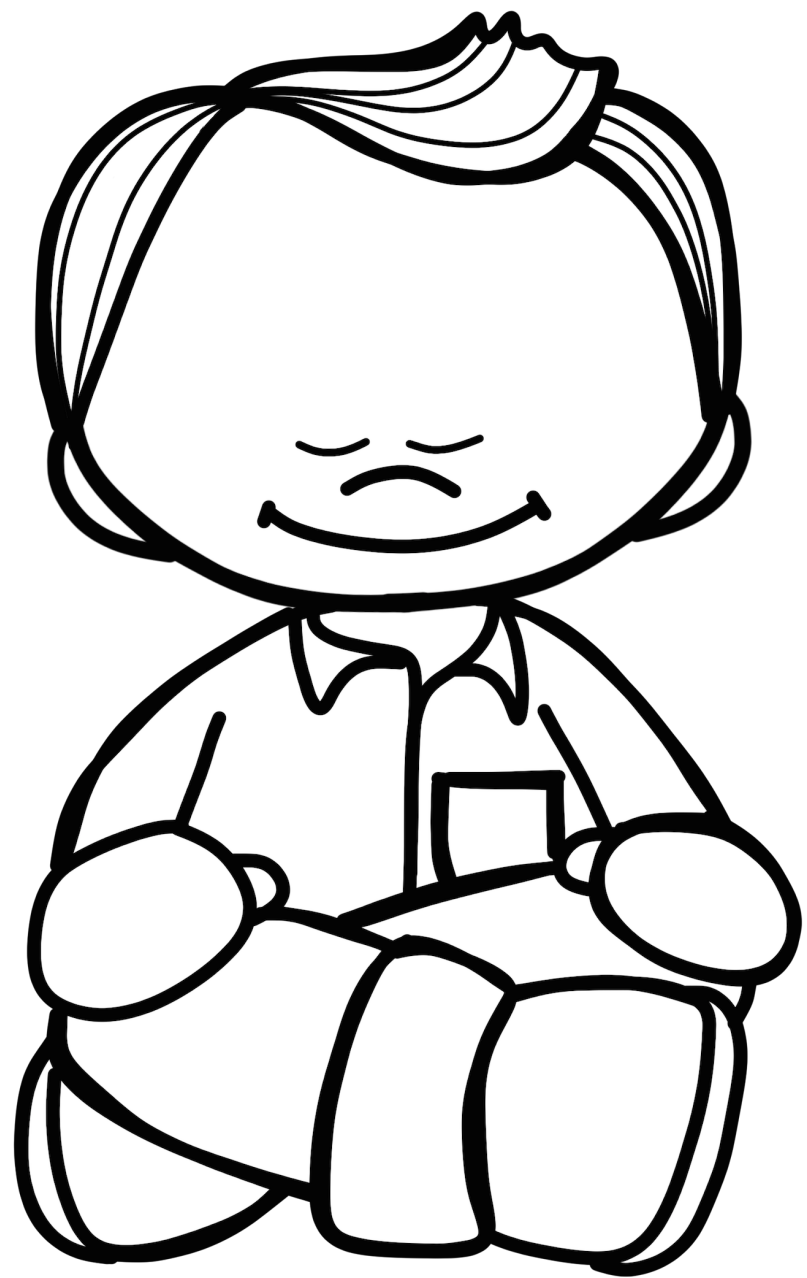




# CALMING TOOLS



# CALMING TOOLS



# graphic + font credits:

