

CALM DOWN KIT

VISUAL STRATEGIES, PECS AND
SOCIAL STORIES FOR STUDENTS WITH
BEHAVIORAL NEEDS



CREATED BY: MELISSA TOTH

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Calm Down Kit Contents

Directions Included:

Page 1: Box/Basket Labels. Print, cut and Laminate. Attach where needed.

Page 2: When I'm Angry Visual Calming cards. Print, cut, laminate, and use for prompting.

Page 3-8: How I can Calm Down Social Story. Print, cut apart, laminate, bind with binder rings. Use as needed during meltdowns and as front loading on a daily/weekly basis.

Page 9-10: Two different color options for the "How Do You Feel Today?" choice board. Print, laminate and implement when asking students how they feel. This can also be used to learn/study/quiz about common emotions.

Page 11-15: How Do You Feel Conversation Cards: Print, cut apart, glue Question and Answer cards back to back, laminate, attach velcro to pages 13-15 to allow for choice making.

Page 16-23: Emotions Flash Cards. Print, cut apart, laminate.

Page 24: Behavioral Necklace Choices. Print, cut apart, laminate, whole punch and place on a staff lanyard. These PECS can also be used in a student's PEC book if preferred.

Page 25: Take 5 deep breaths visual cue card. Print, cut apart, laminate, attach with velcro. Implement during melt-downs.

Page 26-28: What Will Make You Feel Better Choice Board. Print, cut, laminate.

Visit my blog at

www.theadventuresofroom83.blogspot.com

email: theadventuresofroom83@gmail.com

Tweet me: @adventuresof83

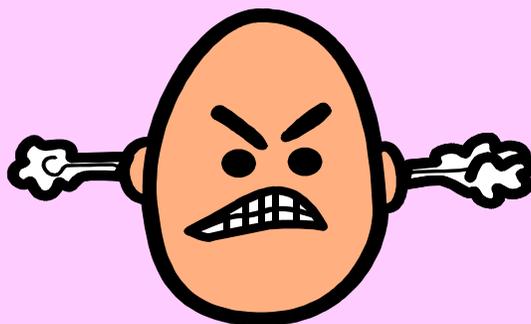
Facebook: Room eighty-three

Box/Basket Labels

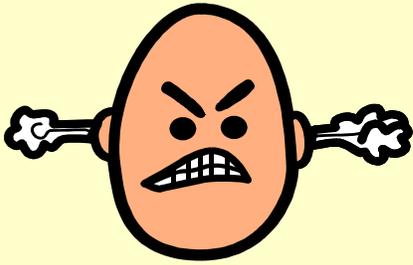
CALM DOWN KIT



CALM DOWN KIT



When I'm Angry



I will...

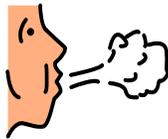
Sit in my chair



Fold my hands



Take 5 breaths



Count to 10



Drink water



Return to work



When I'm Frustrated



I will...

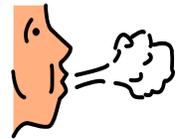
Sit in my chair



Fold my hands



Take 5 breaths



Count to 10



Drink water

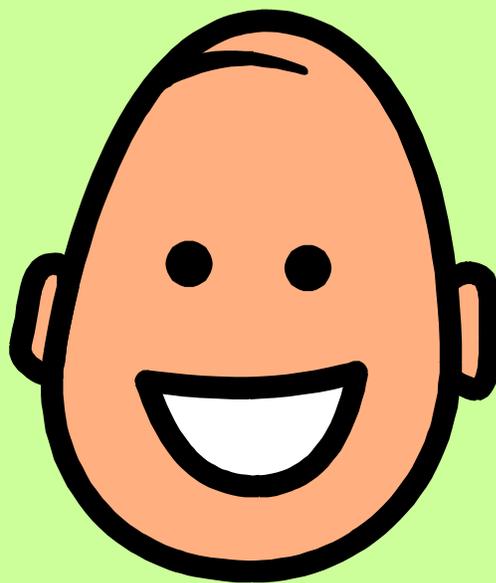


Return to work



Print, cut apart, laminate and bind. Social Story/
Visual Cues for coping with stress/anxiety/anger

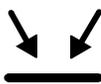
How I Can
Calm Down



I



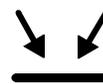
come



to



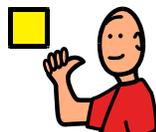
school



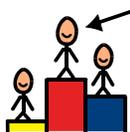
to



try



my

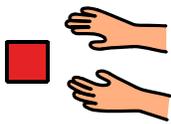


best.

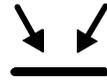
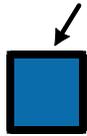
Continued... Social Story #1



Sometimes at school I



get angry or frustrated.

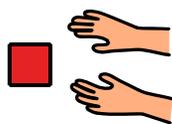


It is okay to be

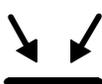


angry or frustrated.

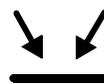
Continued... Social Story #1



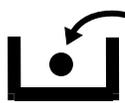
When I get angry,



I need to calm down.



First, I need to



A

h

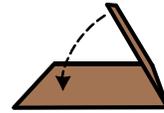
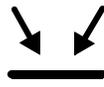
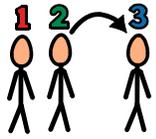
sit

in

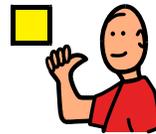
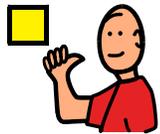
a

chair.

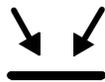
Continued... Social Story #1



Next, I need to fold

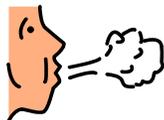


my hands on my lap.



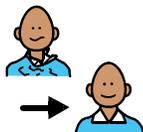
10

I need to take 10

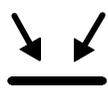


deep breaths.

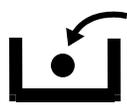
Continued... Social Story #1



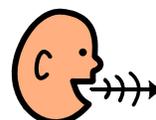
After that, I will count



10



A



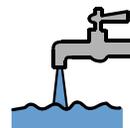
to

ten

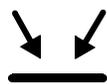
in

a

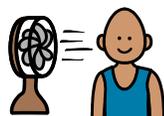
calm voice.



I will drink some water



to

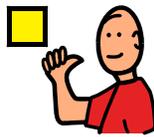


cool down.

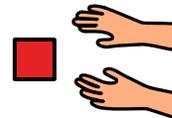
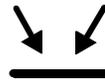
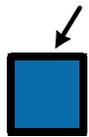
Continued... Social Story #1



When I am calm, I



will finish my work.



It is okay to get



upset, I can calm down.

How Do You Feel Today?



excited



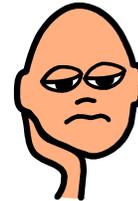
tired



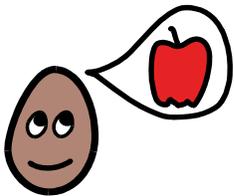
angry



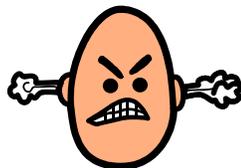
bored



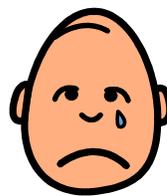
hungry



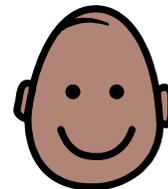
mad



sad



happy



scared



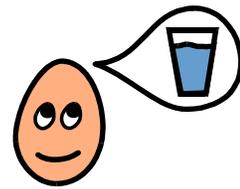
sick



anxious



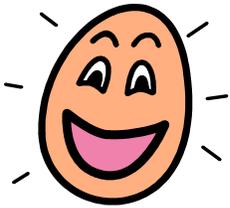
thirsty



How Do You Feel Today?



excited



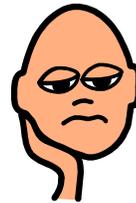
tired



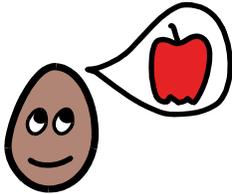
angry



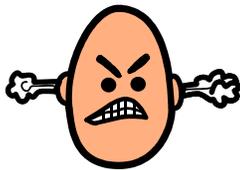
bored



hungry



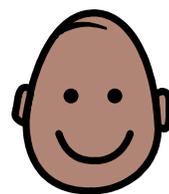
mad



sad



happy



scared



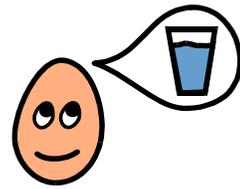
sick

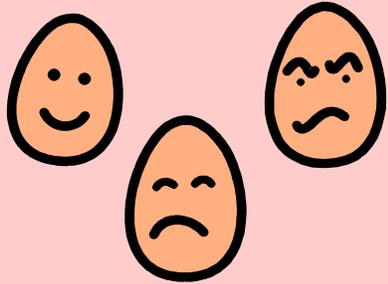


anxious



thirsty

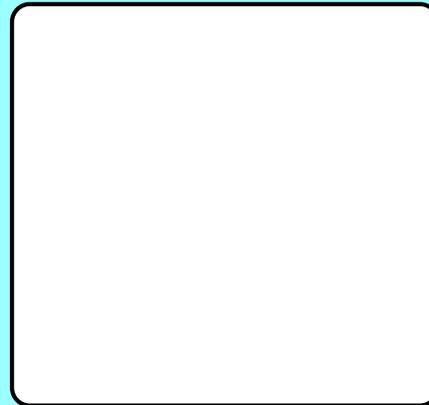




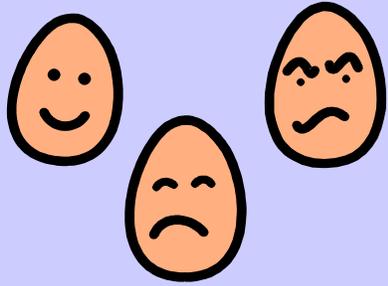
How Do
You Feel Today?



I Feel



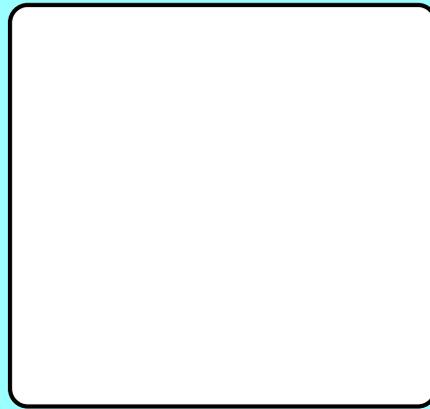
"How Do You Feel" conversation cards.
Print and glue question and Answer pieces back to back,
and provide PECS choice board for student.



How Do
You Feel Today?



I Feel



"How Do You Feel" conversation cards.
Print and glue question and Answer pieces back to back,
and provide PECS choice board for student.

How Do You Feel Today?



How Do You Feel Today?



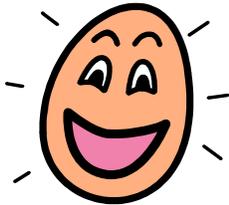
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"How Do You Feel" PECS Choices

excited



tired



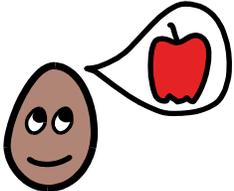
angry



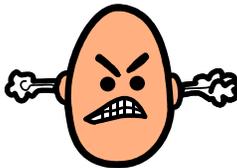
bored



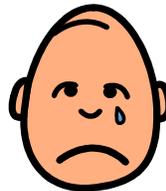
hungry



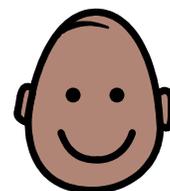
mad



sad



happy



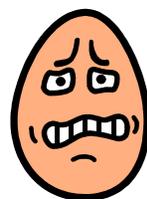
scared



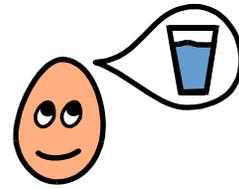
sick



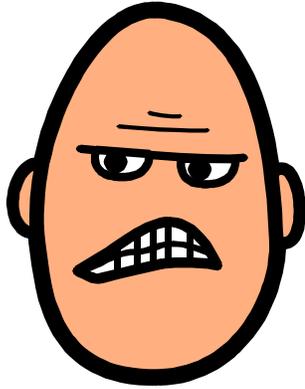
anxious



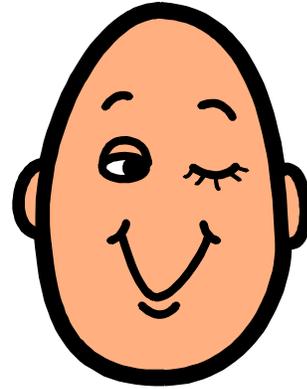
thirsty



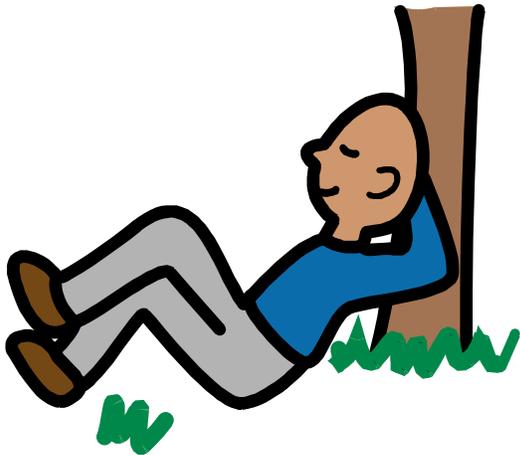
jealous



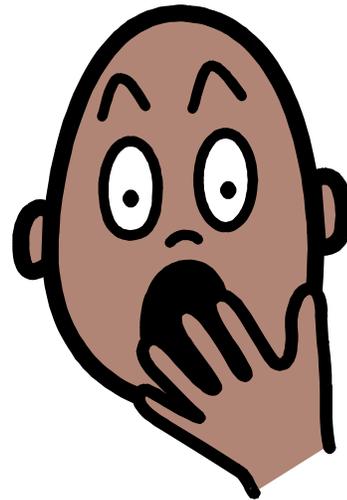
flirt



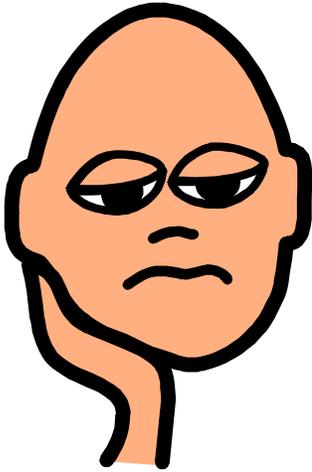
lazy



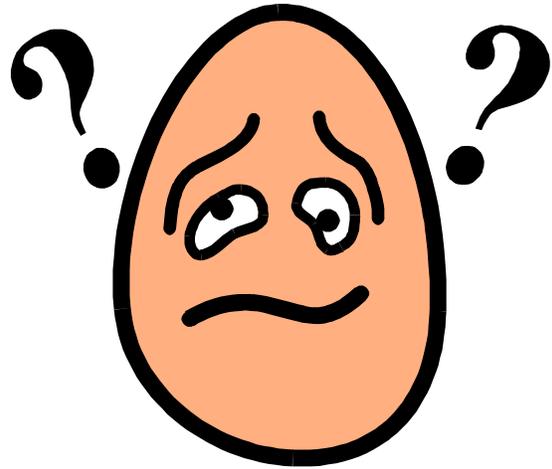
afraid



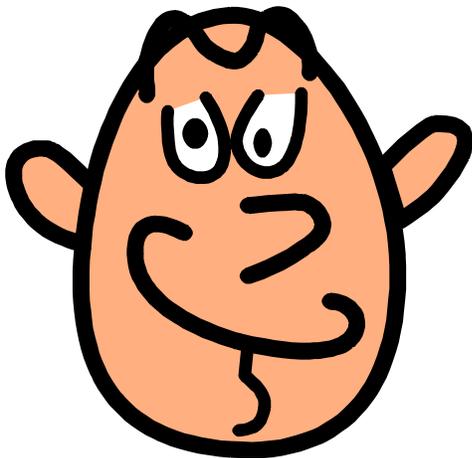
bored



confused



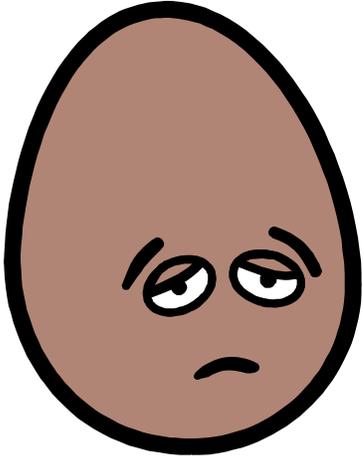
crazy



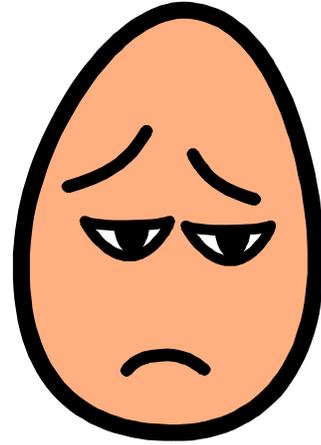
curious



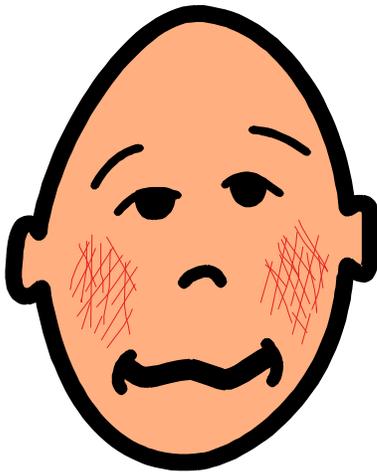
depressed



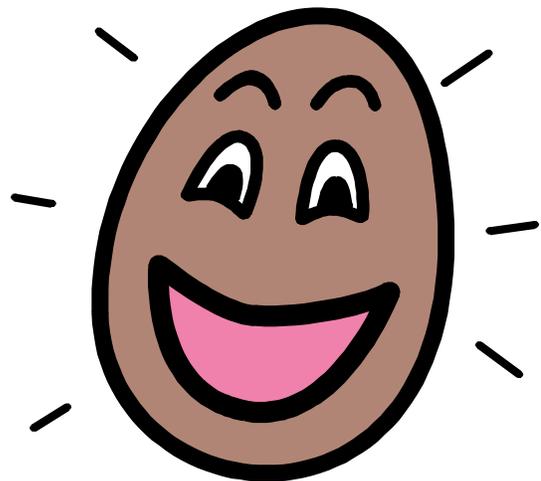
disappointed



embarrassed



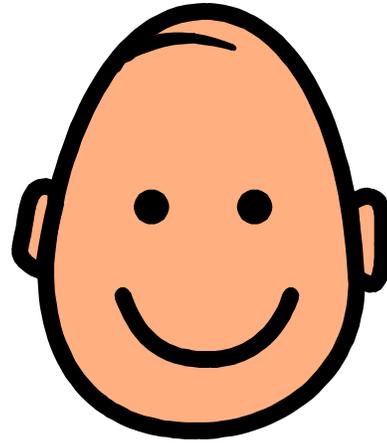
excited



frustrated



happy



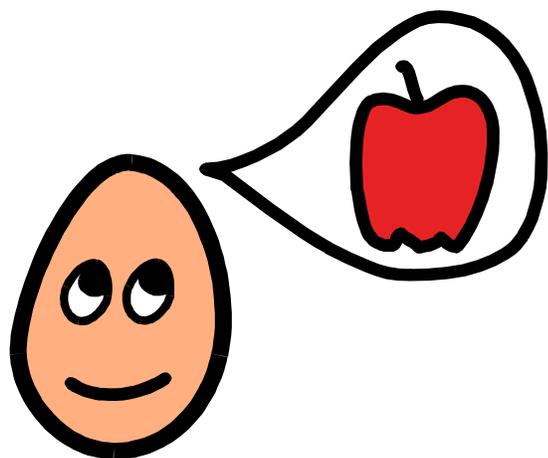
homesick



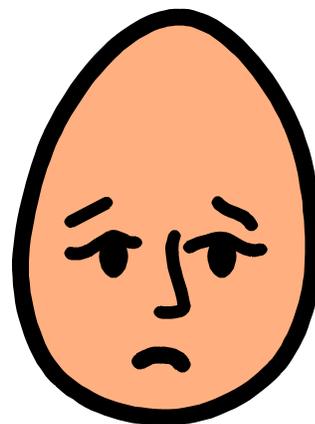
horny



hungry



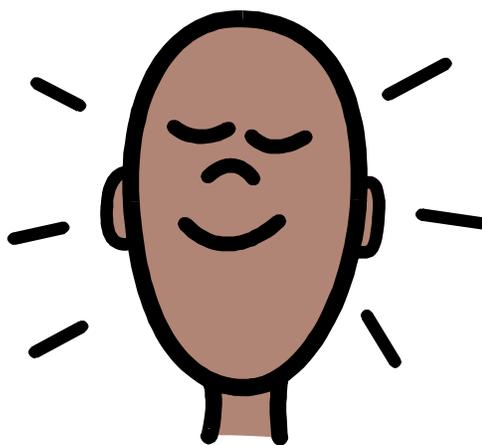
hurt



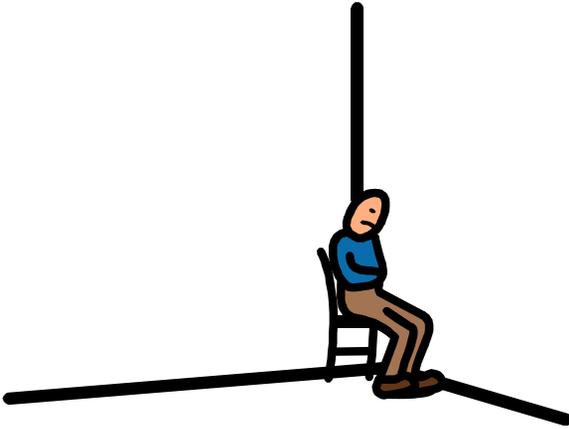
nauseated



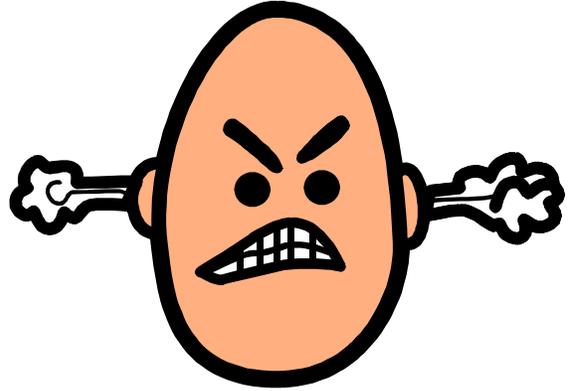
proud



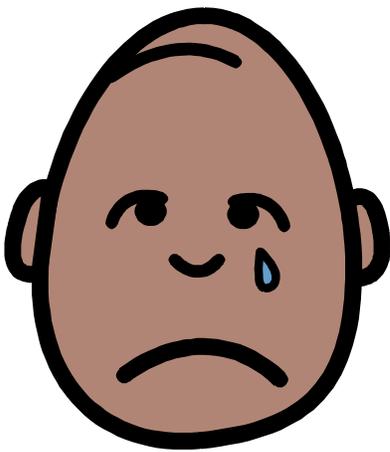
lonely



mad



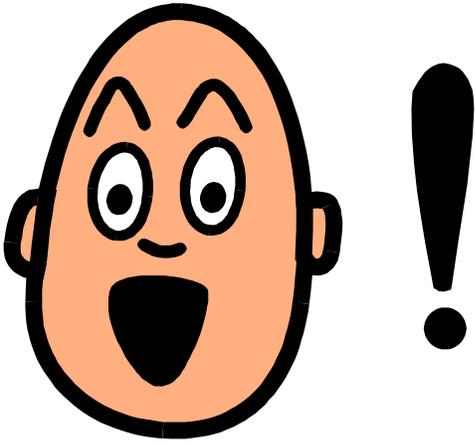
sad



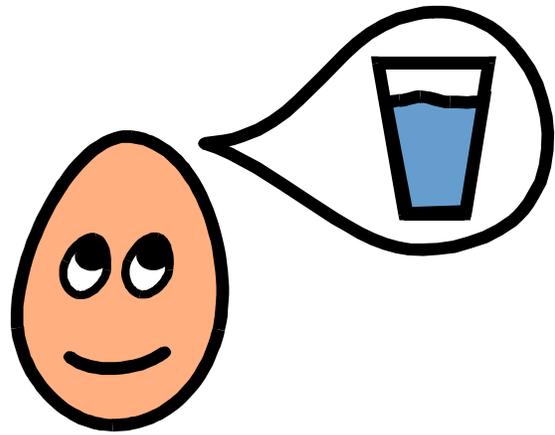
sick



surprised



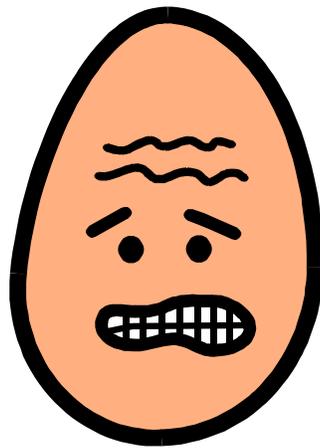
thirsty



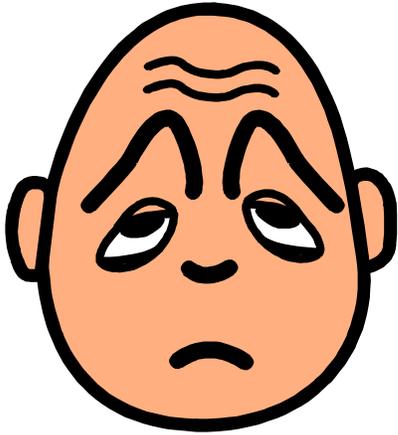
upset



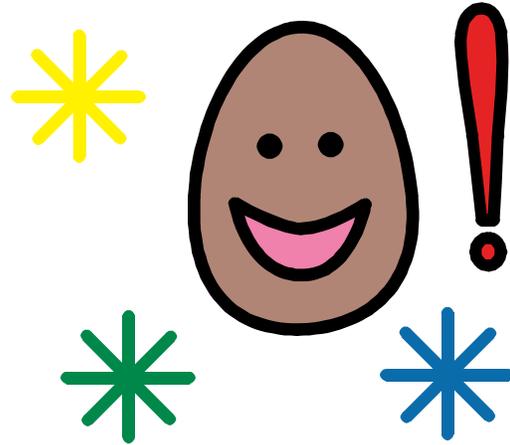
worried



tired



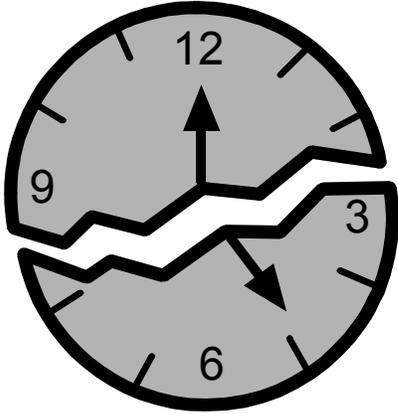
great



Page 16-23 Flashcards Uses:

- Word Wall
- Memory/Match (Print 2x)
- Sort emotions
- Word Work/Writing Prompts
- Vocabulary centers
- spelling lists/words

I need a break



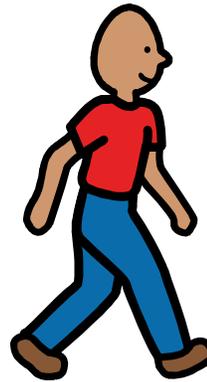
I want water



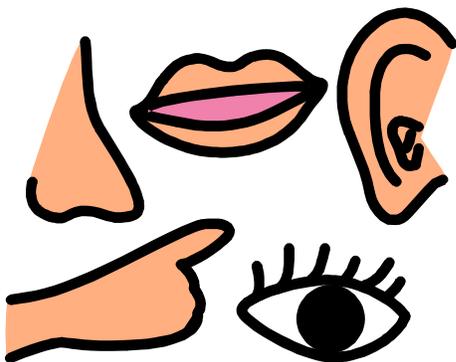
I want to rest



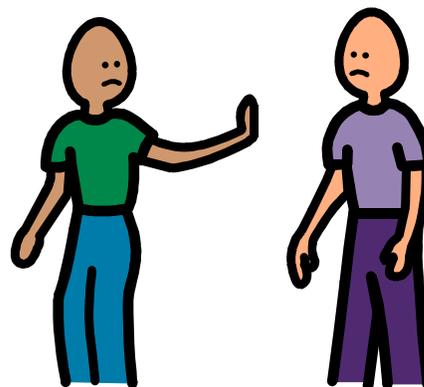
I want to go for a walk



I need a sensory break



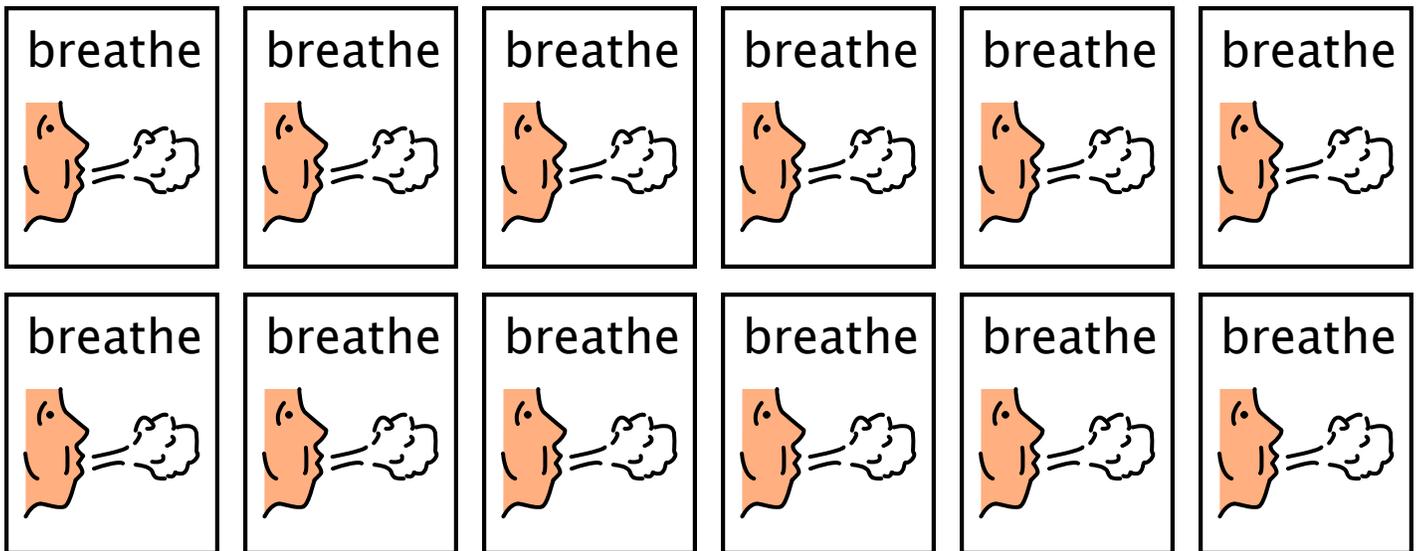
leave me alone



Behavioral Necklace Commands

I will take 5 deep breaths

1	2	3	4	5
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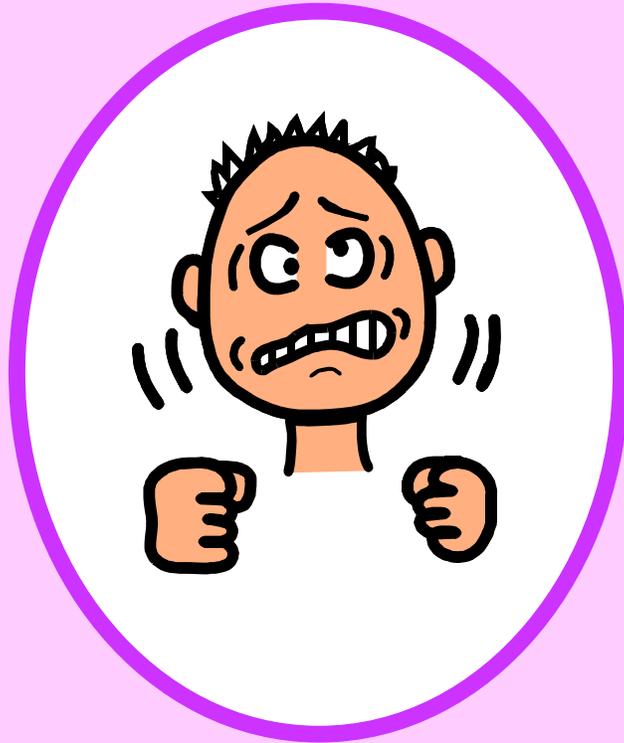


This can be used to prompt students to calm down by taking 5 deep breaths. You can choose to either have students remove the PEC from their card with each breath, or you can hand them the PEC to be placed on the card with each breath. This is a great motivating visual to assist students with calming down on their own.

What would
help you
feel better?



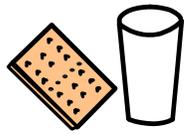
What would
help you
feel better?



water



snack



relax



bean bag



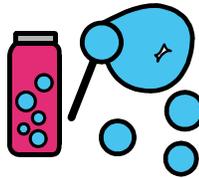
swing



music



bubbles



ipod



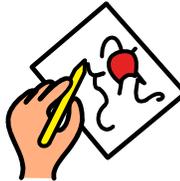
timer



walk



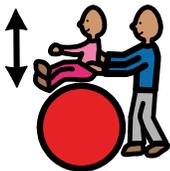
draw



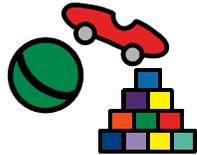
play dough



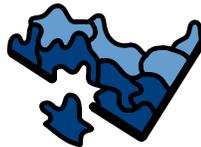
bounce on ball



toys



puzzle



book

