

When I feel _____ I will...



STOP.



THINK.



MAKE A GOOD CHOICE.

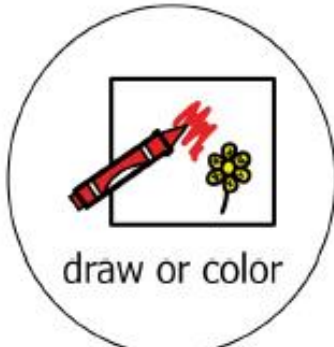
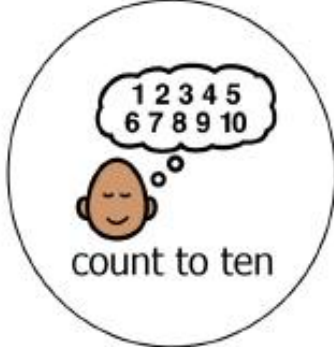
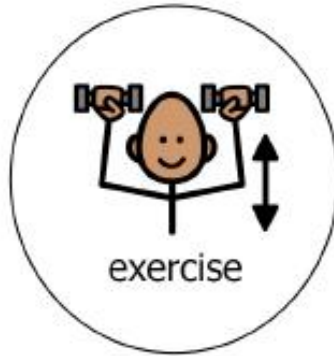
When I feel _____,

I will try

_____, or

_____, or

so that I stay calm and make a good choice!



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!