

# Calm Plan

## Step 1: Notice the Anger Early.

What's happening in my body?

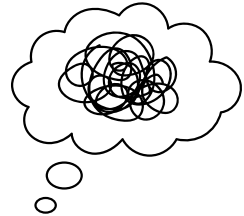
[Red rounded rectangular box for writing]



What's happening in my head?

(e.g. angry thoughts, can't focus)

[Blue rounded rectangular box for writing]



What's happening around me?

[Green rounded rectangular box for writing]

## Step 2: Say or Think a Power Phrase

(to remind me I am in control of my reaction not the person/situation)

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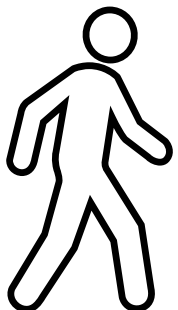
[Orange rounded rectangular box for writing]



## Step 3: Walk away or Take Space

(where can you go? how can you block it out?)

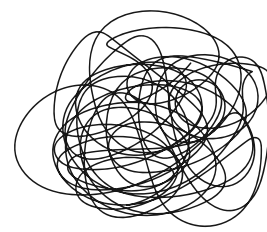
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## Step 4: Use one of my Calm Tools

(pick one or two things)

- Deep breathing
- Put headphones on
- Drawing or scribbling the anger out
- Use a journal to vent
- Squeeze something
- Get fresh air
- Text or signal a parent for help



## Step 5: Let It Out Safely

(now that you are away from the trigger)

- Say how you feel in a journal or in your head
- Do something you like



## Step 6: Check in with Myself

- Do I feel calmer now?
- Do I need more time?
- What helped me the most?

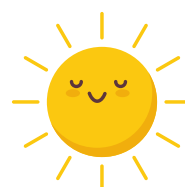


## Step 7: Move On (When I am Ready)

- Talk to a parent if you want to
- Give yourself credit

(e.g. "I stayed in control and did my best to protect my peace

that it something to be proud of")



**Remember:** You may not be able to control what other people do but you can control how you choose to react, that's where your real power is!