

# 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.

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email: [theadventuresofroom83@gmail.com](mailto:theadventuresofroom83@gmail.com)

Tweet me: @adventuresof83

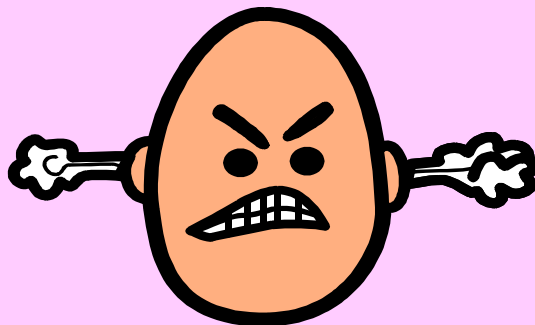
Facebook: Room eighty-three

# Box/Basket Labels

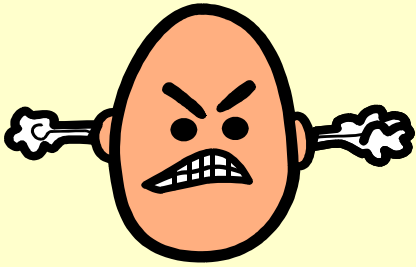
**CALM DOWN KIT**



**CALM DOWN KIT**



# When I'm Angry



I will...

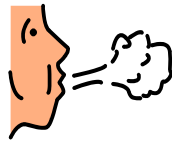
Sit in my chair



Fold my hands



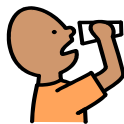
Take 5 breaths



Count to 10



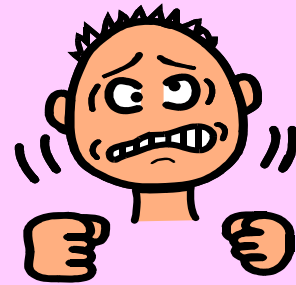
Drink water



Return to work



# When I'm Frustrated



I will...

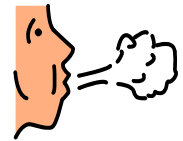
Sit in my chair



Fold my hands



Take 5 breaths



Count to 10



Drink water

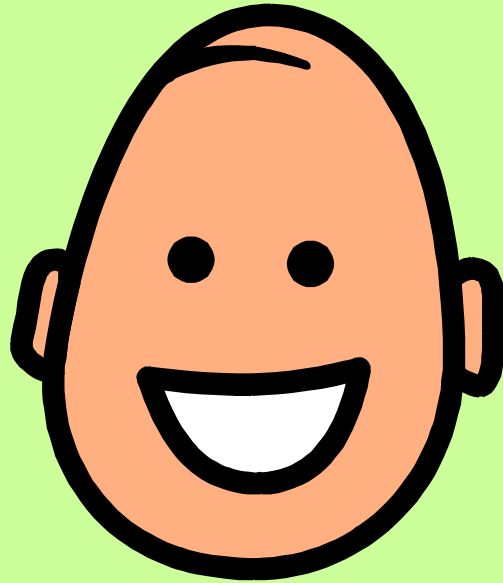


Return to work

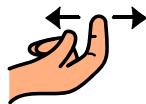


Print, cut apart, laminate and bind. Social Story/  
Visual Cues for coping with stress/anxiety/anger

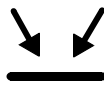
How I Can  
Calm Down



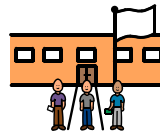
I



come



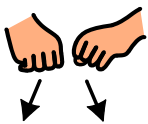
to



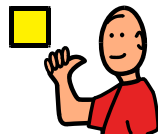
school



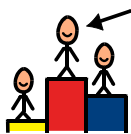
to



try

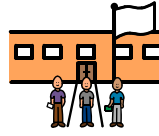


my

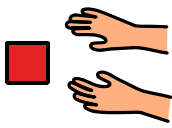


best.

# Continued... Social Story #1



Sometimes at school I



get angry or frustrated.

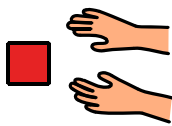


It is okay to be



angry or frustrated.

# Continued... Social Story #1



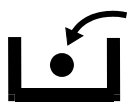
When I get angry,



I need to calm down.



First, I need to

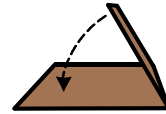
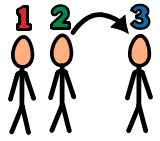


A

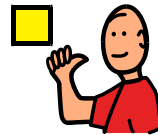
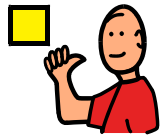
h

sit in a chair.

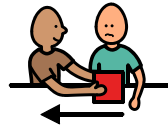
Continued... Social Story #1



Next, I need to fold

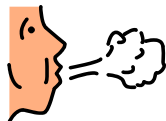


my hands on my lap.



**10**

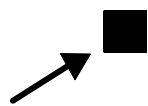
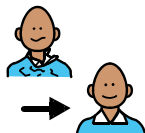
I need to take 10



deep breaths.



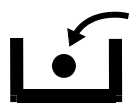
# Continued... Social Story #1



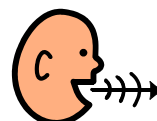
After that, I will count



**10**



**A**



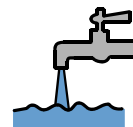
to

ten

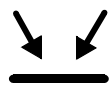
in

a

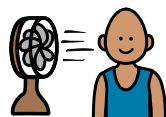
calm voice.



I will drink some water



to

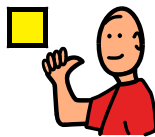


cool down.

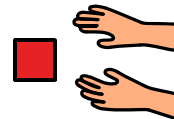
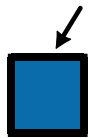
# Continued... Social Story #1



When I am calm, I



will finish my work.



It is okay to get

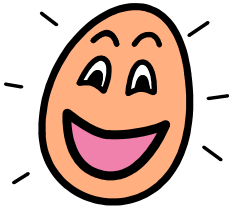


upset, I can calm down.

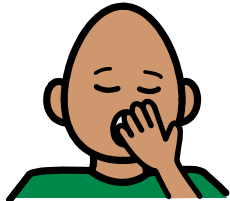
# How Do You Feel Today?



excited



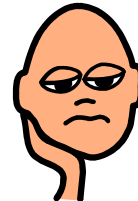
tired



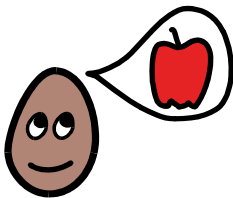
angry



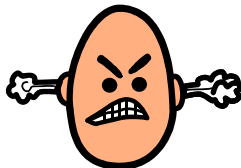
bored



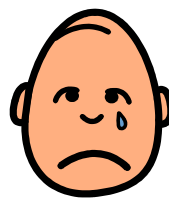
hungry



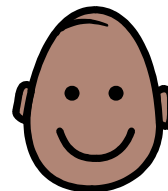
mad



sad



happy



scared



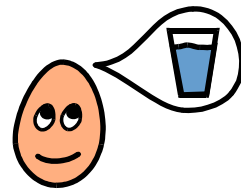
sick



anxious



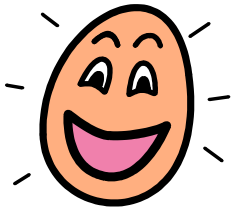
thirsty



# How Do You Feel Today?



excited



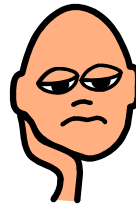
tired



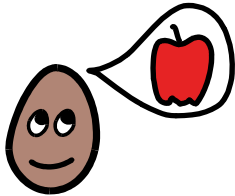
angry



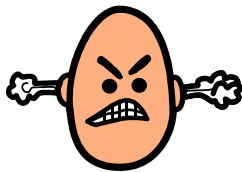
bored



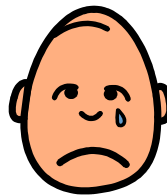
hungry



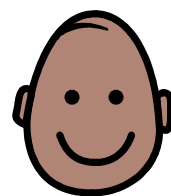
mad



sad



happy



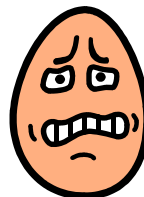
scared



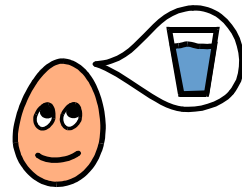
sick

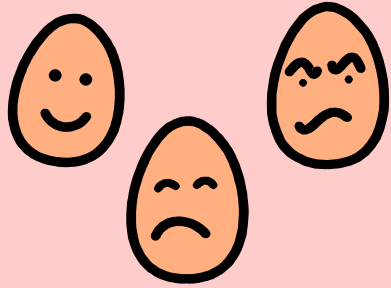


anxious

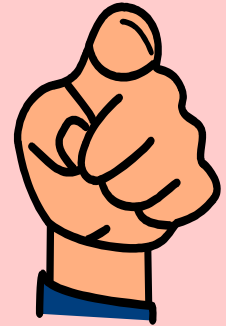


thirsty

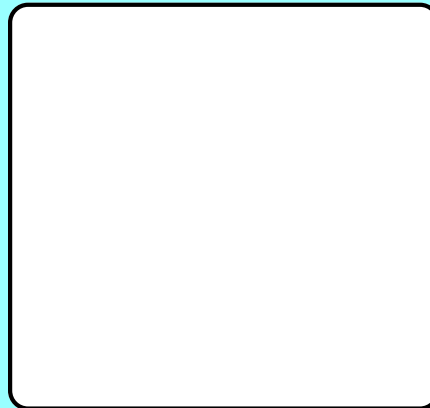




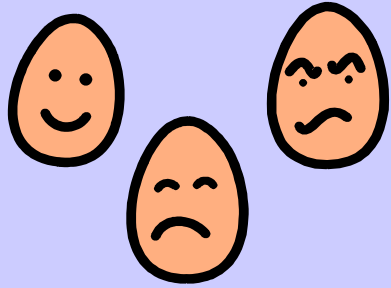
How Do  
You Feel Today?



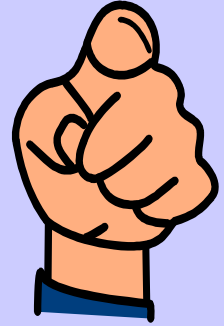
I Feel



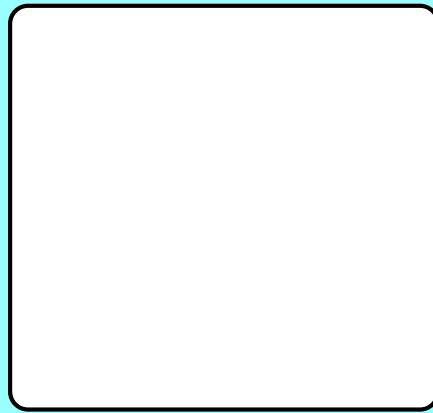
"How Do You Feel" conversation cards.  
Print and glue question and Answer pieces back to back,  
and provide PECS choice board for student.



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?



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How Do You Feel Today?



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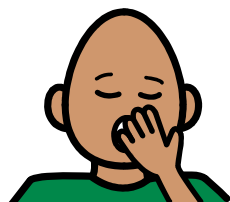


# "How Do You Feel" PECS Choices

excited



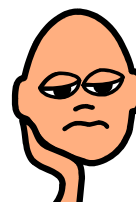
tired



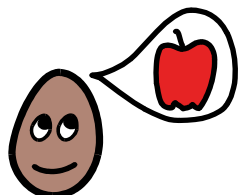
angry



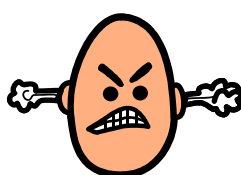
bored



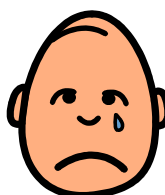
hungry



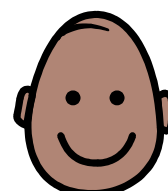
mad



sad



happy



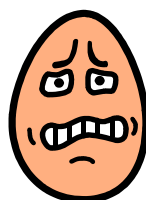
scared



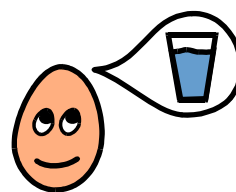
sick



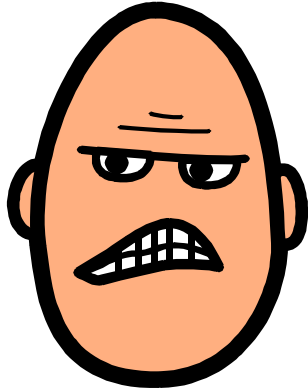
anxious



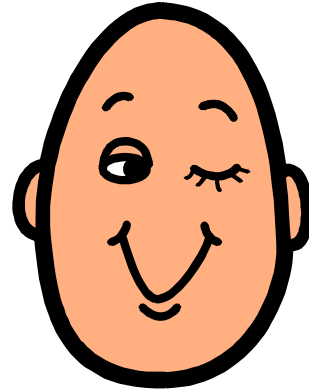
thirsty



jealous



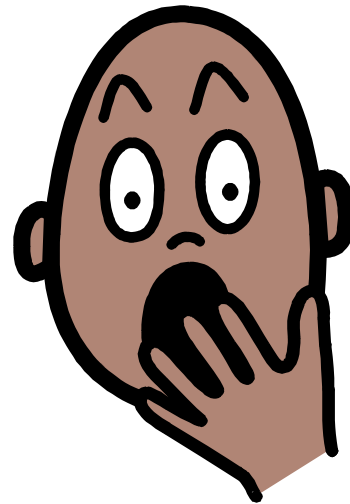
flirt



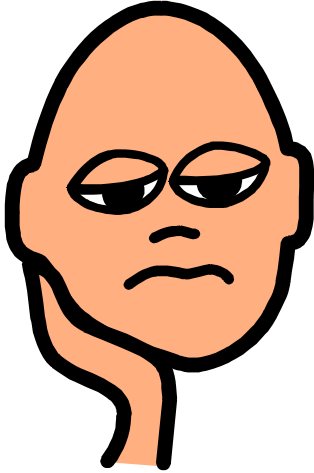
lazy



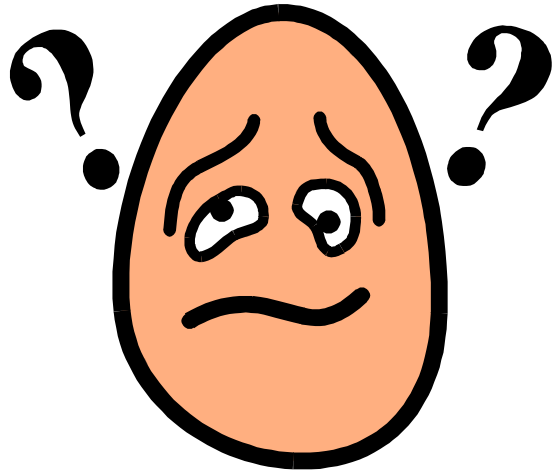
afraid



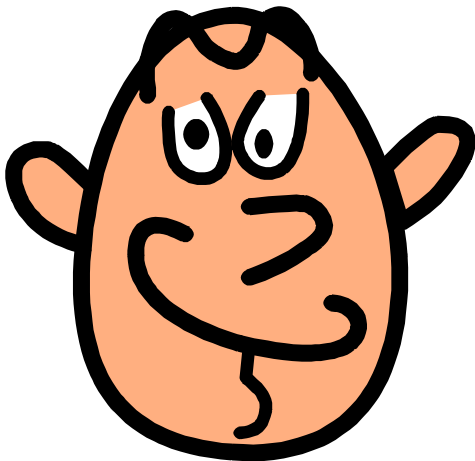
bored



confused



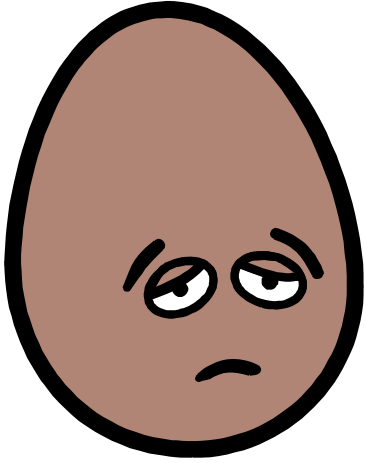
crazy



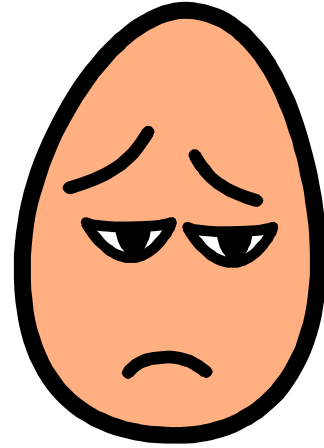
curious



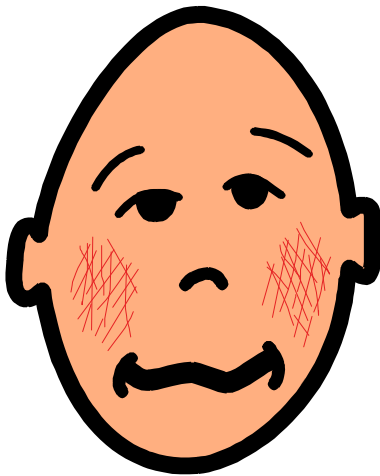
depressed



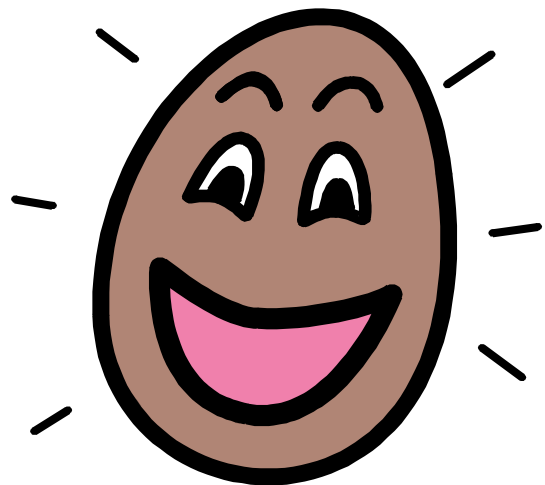
disappointed



embarrassed



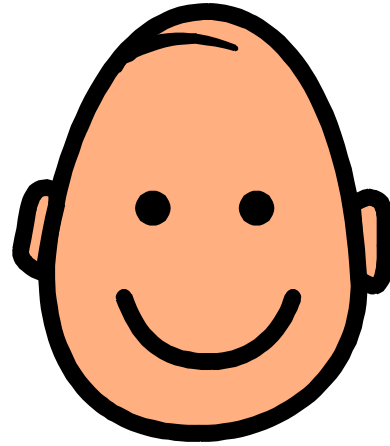
excited



frustrated



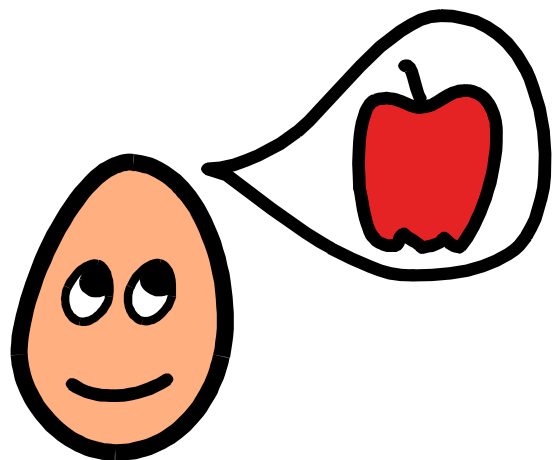
happy



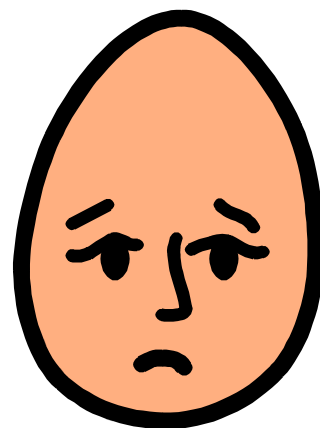
homesick



hungry



hurt



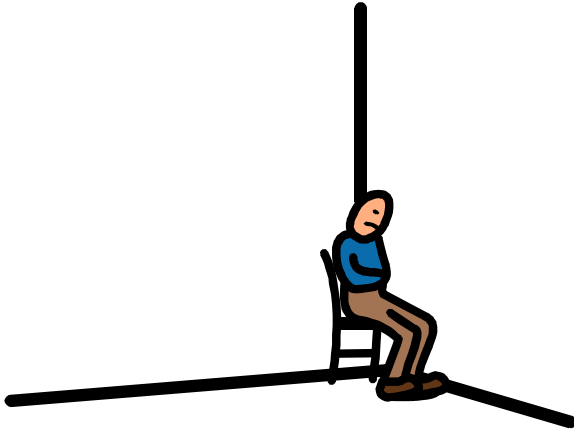
nauseated



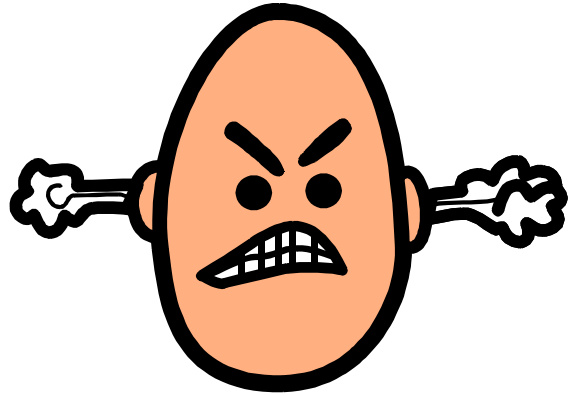
proud



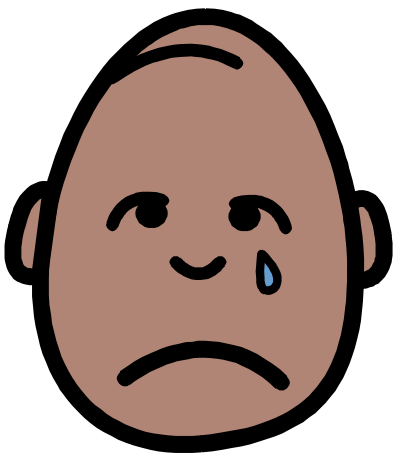
lonely



mad



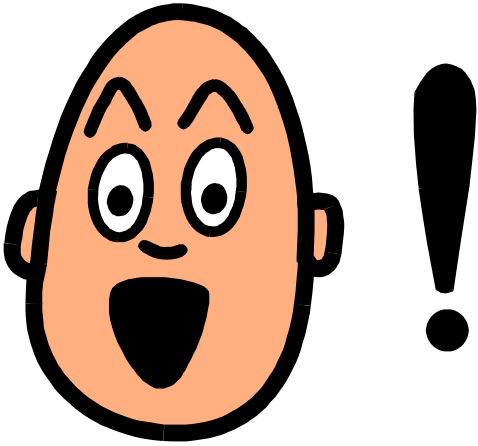
sad



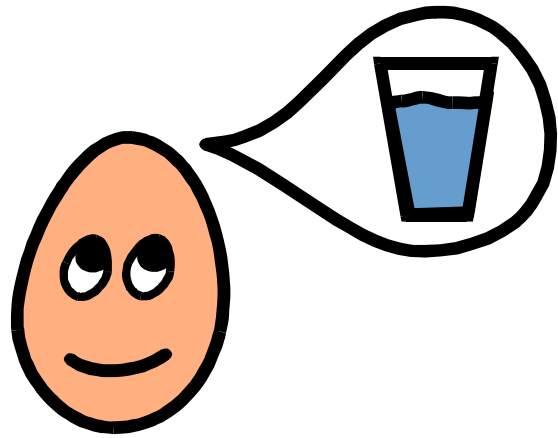
sick



surprised



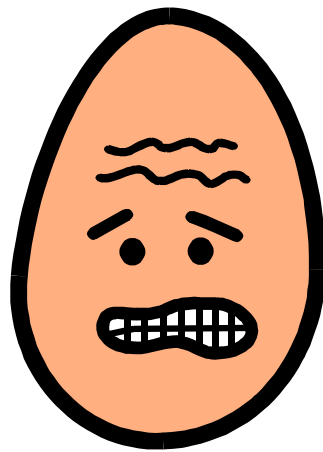
thirsty



upset

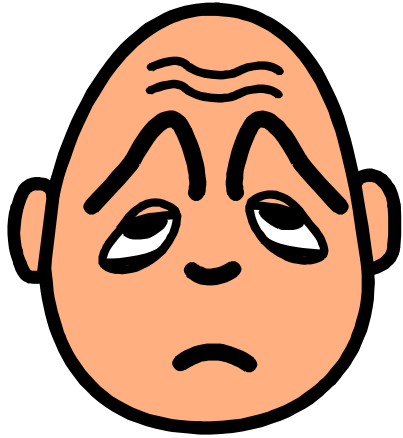


worried

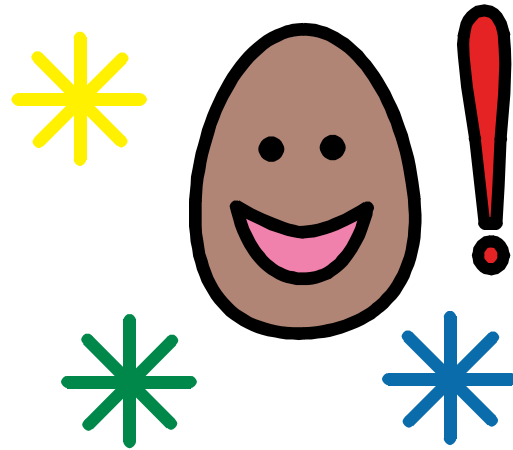




tired



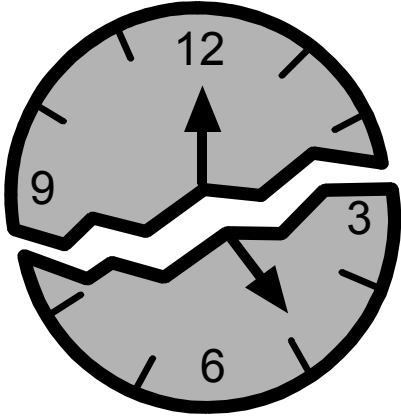
great



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



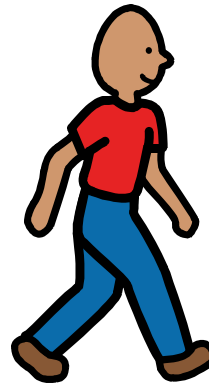
I want water



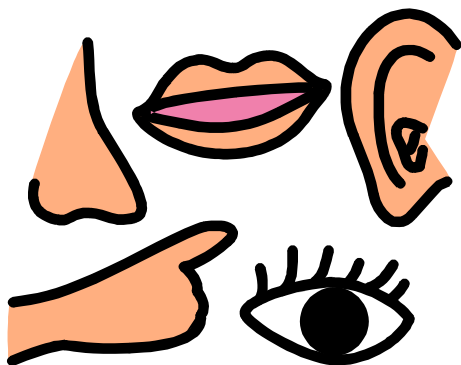
I want to rest



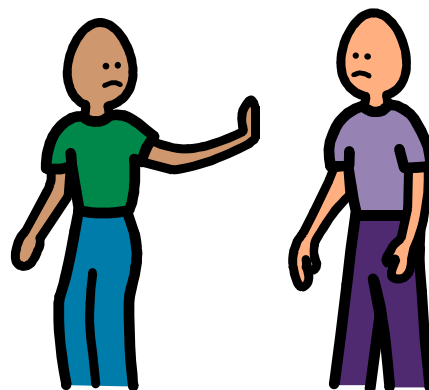
I want to go for a walk



I need a sensory break



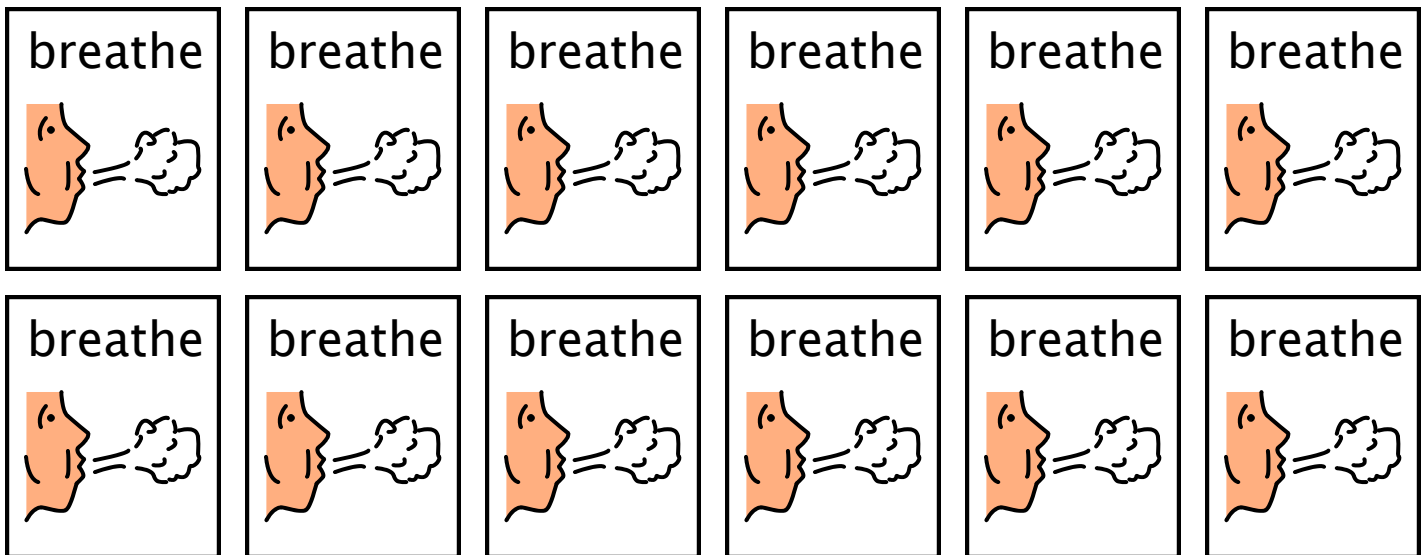
leave me alone



Behavioral Necklace Commands

# I will take 5 deep breaths

1	2	3	4	5
---	---	---	---	---



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?



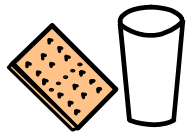
What would  
help you  
feel better?



water



snack



relax



bean bag



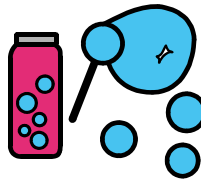
swing



music



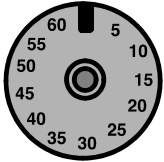
bubbles



ipod



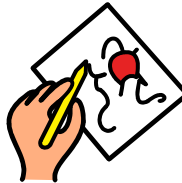
timer



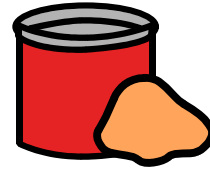
walk



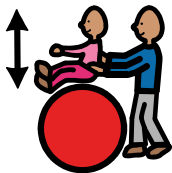
draw



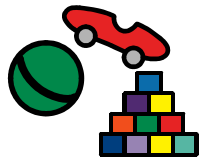
play dough



bounce on ball



toys



puzzle



book

