

# Creating a Stay Calm Plan

1

## IDENTIFY TRIGGERS

Start by identifying the triggers that make you upset.

Write down what makes you lose your temper and be specific. Include the who, what, where and when.

2

## WARNING SIGNS

Think about how you feel and how your body reacts (clenched teeth, sweating, shaking, etc.) when you're about to lose it.

The more you're aware of these warning signs, the more proactive you can be to take immediate steps to calm yourself.

3

## DE-ESCALATE

Identify specific strategies or actions you can do to de-escalate the tension.

Do whatever works best for you, whether it's walking away from the situation, taking a deep breath and exhaling slowly or other methods.

## REMEMBER...

Staying calm sometimes requires a lot of effort, and you have to work at it. But getting verbally or physically abusive is never okay. Always try to model the behaviors and actions you want (and expect) from students. But if you do yell or react in ways that are more threatening than loving, apologize and say you'll do better next time.

Time-out isn't just for the kids. It's a good stress-reducer for you, too. When you're overwhelmed, step into a private space for a few moments, collect your thoughts, calm your emotions and then return to the situation.

# Stay Calm Plan Worksheet

1

**What are your triggers?**

2

**What are some warning signs?**

3

**What will you do to calm down?**

Example: Flower breathing, balloon breathing, etc.