

My Calm Down Choices

NAME _____

DATE _____

NAME IT • SIZE IT • CALM IT

Check in with your feeling, find it in your body, and choose a strategy to try.

Step 1 • How Am I Feeling?

Circle the face that matches how you feel right now.



Angry



Sad



Worried



Frustrated



Overwhelmed



Just OK

Step 2 • How Big Is This Feeling?

Circle the number that fits.



1

a little



2

sort of



3

medium



4

big



5

very big

Where do I feel it in my body? Draw or write:

Step 3 • Choose Something to Try

Check the ones you want to use.

☐ **Deep Breaths** Smell the flower, blow out the candle

☐ **Count to 10** Slowly count in your head

☐ **Get Some Water** Take a quiet water break

☐ **Draw It Out** Draw how you are feeling

☐ **Take a Walk** Walk around quietly

☐ **Fidget or Squeeze** Use a fidget or stuffie

☐ **Listen to Music** Put on a calming song

☐ **Talk to Someone** Tell a trusted adult

☐ **Think of a Safe Place** Picture a calm, safe place

Step 4 • What Made Me Feel This Way?

Draw or write what happened.



My Plan

Next time I feel upset, I will try:

My Calm Down Choices

Grades 1-2 • SEL • Self-Regulation

The 1-2 band adds the body connection — where the feeling lives — and the what-happened step, so students start linking triggers to feelings. Each strategy carries a one-line how-to they can follow alone.

Quick Start

LEARNING TARGET

Students name a feeling, rate its size, locate it in the body, choose strategies, link it to a trigger, and name one thing to try next time.

TIME

20-25 min, then revisit

GROUPING

Independent; private by default

MATERIALS

Printed sheet, crayons/pencil

Guiding questions: Which face fits? Where do you feel it? What happened? Which idea will you try?

Facilitation Sequence

- 1 Launch**
Name the faces and the body-map idea (tummy, chest, hands). Model one strategy's how-to aloud.
- 2 Student work**
Children complete privately. Circulate; offer faces aloud and scribe the trigger or plan as needed.
- 3 Consolidate & discuss**
Match strategies to feelings in the abstract; notice that feelings live in the body.
- 4 Wrap-up**
Keep as a reference; re-use after real moments and swap ideas that didn't help.

Answer Key & How to Approach

Item	Expected Response / How to Approach
What counts as complete	A face, a size, a body location, 2-3 checked strategies, a trigger, and one named plan. No wrong answers — honesty is the win.
The strategy menu	All nine work; the how-to lines let children try one alone. Coach the match: movement for anger, breaths for worry, talk for sadness.

Likely Responses, Misconceptions & Teacher Moves

Children may...	What that might mean...	A helpful next move...
Stall at naming the feeling	New feeling words, or unsure it's safe.	Offer two faces aloud; any honest pick unblocks the sheet.
Check every strategy	A wish list, not a plan.	Ask which ONE they'd try first next time.
Skip the body box	Body-feeling link is new.	Model it: "anger can feel hot in my hands."

Equity, SEL & Trauma-Informed Prompts

Equity	SEL	Trauma-Informed
Calming looks different across families; welcome home strategies. Faces and drawing let every child take part.	Linking body and feeling builds interoception. Build vocabulary over time, with no pressure to perform.	Private by default; the trigger box is optional to share. Predictable routine and a quiet opt-out matter most.

UDL, Differentiation & Language Supports

More support	Ready for more	Language supports
Read strategies aloud; a body-map outline to point to; let children draw instead of write; scribe.	Match a strategy to each feeling; add an "if that doesn't work" backup; explain why it fits.	Frames: "I feel ___ in my _____. I will _____." Oral rehearsal; first-language welcome.

Assessment Look-Fors & Next Steps

Criterion	What it looks like here	Helpful next step
Names a feeling	Circles a face and a size.	If stuck, build feeling words with the faces.
Body + trigger link	Locates the feeling and what caused it.	If blank, model with a class example.
Concrete plan	Names one strategy to try next time.	If vague, choose one from the checks.

Reteach signal: if many leave the body box blank, do a quick "where do you feel it?" body-map warm-up before re-issuing.