This Calm Down checklist is a visual aid to support children who may be experiencing challenges due to changes in routine and schedule.

**Calm Down Checklist**

When I am frustrated, angry or upset, I will choose to....

- close eyes and count to five
- ask for a break
- ask for help
- take deep breaths and count to five
- ask to take a walk
- ask for a sensory activity

![Images of various actions and expressions]