

Steps for ‘Staying Calm’

Younger kids (include pictures or icons)

1. Stop	
2. Take a deep breath	
3. Count to 5	1 2 3 4 5
4. Say “OK”	
5. Follow the direction	

Older kids

1. Stop
2. Take a deep breath
3. Count to 5 to self
4. Look around (what are others doing?)
5. Ask a friend
6. Follow the direction

Note: This process should be modeled for, and then practiced by, kids for a few minutes each day. Kids should be given brief role-play opportunities that reflect common school and home scenarios that involve the need to stay calm. They should be reinforced for participating in the teaching process, including role-playing, and for demonstrating the steps successfully when they become upset.

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