



# How to Calm Down When I'm Feeling Upset



Sometimes I get upset or  
have uncomfortable  
feelings about things that  
are happening.



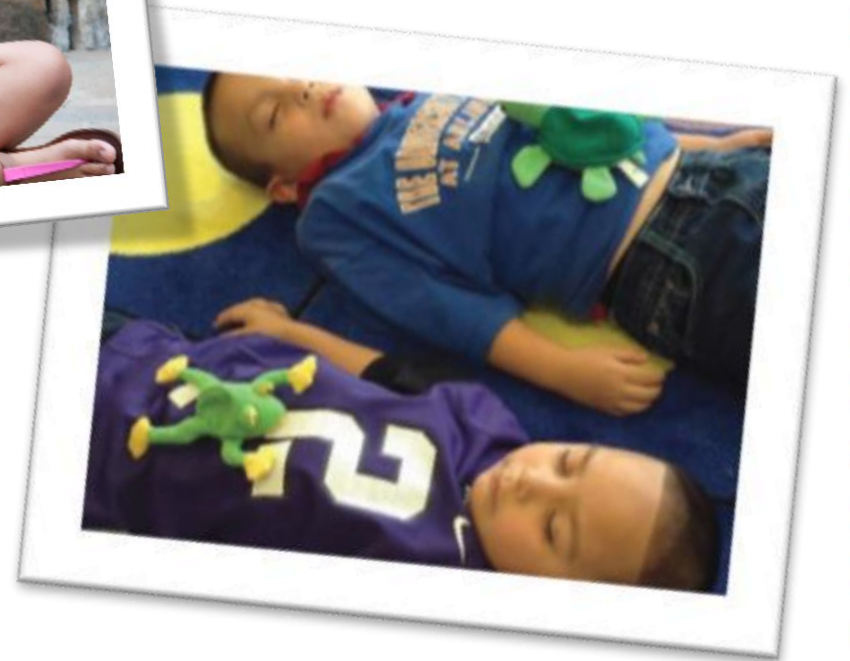
If I'm having an uncomfortable emotion, I can find ways to calm myself down.



I can go to the calming space  
in my classroom.



I can use the tools in my classroom Calm Down Kit.



I can practice belly breathing.



I can meditate.



Time for a movement break!



5 star jumps



10 hops

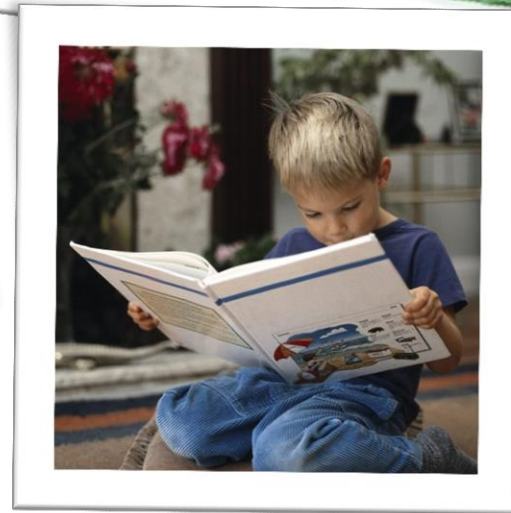


10 toe touches



I can do yoga or take a movement break.





I can color or look at a book.



I am able to do my best work and be a good friend when I am calm.

# Why use Social Scripts?

Social scripts are a great tool for teaching socially appropriate behaviors and appropriate responses in various social situations. Socially scripts are usually paired with visuals to support auditory learning.

Social scripts attempt to support students in developing a theory of mind by explaining social situations as well as what another person might be thinking and feeling and/or why they may behave in certain ways. In addition, social scripts model appropriate interactions and appropriate social responses, thus reducing confusion and unpredictability.

The key to social scripts is personalization. Please feel free to modify the templates found in the Universal Supports Icon by including personalized pictures, names, and phrases to create more meaningful narratives.

After reading a social script, give the student chances to role play and practice the skill with a peer or adult. It is important to provide many opportunities for the student to read the social script and practice the skill.



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