

Use this page to record your plans for introducing Time to Calm Down in the family.

## Practice Sheet

### Planning Time to Calm Down



Situations where you might want to use Time to Calm Down with your children:

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What can I do to calm myself:

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Calming places I can think of to encourage calming:

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What I can use as a calming visual object:

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What we might do together when Time to Calm Down is over:

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What changes are you hoping to see in your child's behaviour?

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