



My Emotional Learning Plan



This Plan Belongs to:






I get angry, frustrated or anxious when this happens:




Students to draw a picture of what event can happen to make them feel angry

When I get angry, frustrated, or anxious, my behaviour can look like:

Students to draw a picture of what they look like when they are angry.

Some things that I can do to help myself de-escalate are:

	Take a deep breath or mindful breathing 
	Listen to one of my favourite songs 
	Ask for time out 
	Go for a walk 
	Ask to talk to a friend or teacher 

Some things that an adult can do to help me de-escalate are:	
Ask me how I am doing	
Suggest I take some time out	
Allow me to walk with them	
I know that I am calm when I look like this	
Students to draw a picture of what they look like being calm	
Trusted adult school:	Trusted adult at home:
We will review my plan on	