

CALM DOWN RULES

Student Name _____

Date _____

1

When my teacher tells me to go to the calm down area, I will go there before he or she counts to 10.



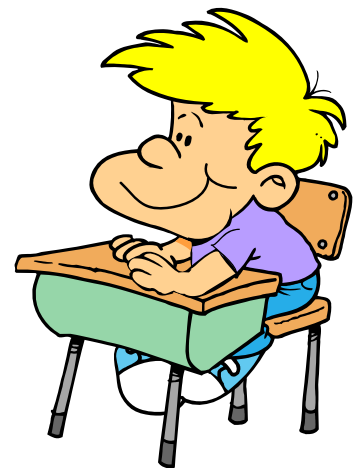
2

I will sit quietly at the calm down desk for _____ minutes.



3

I will take deep breaths and try to relax and stop being angry.



If I follow the calm-down rules, I will earn a point on my reward chart.