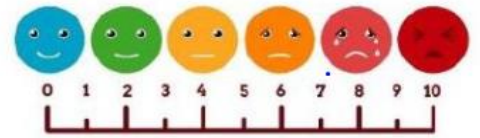
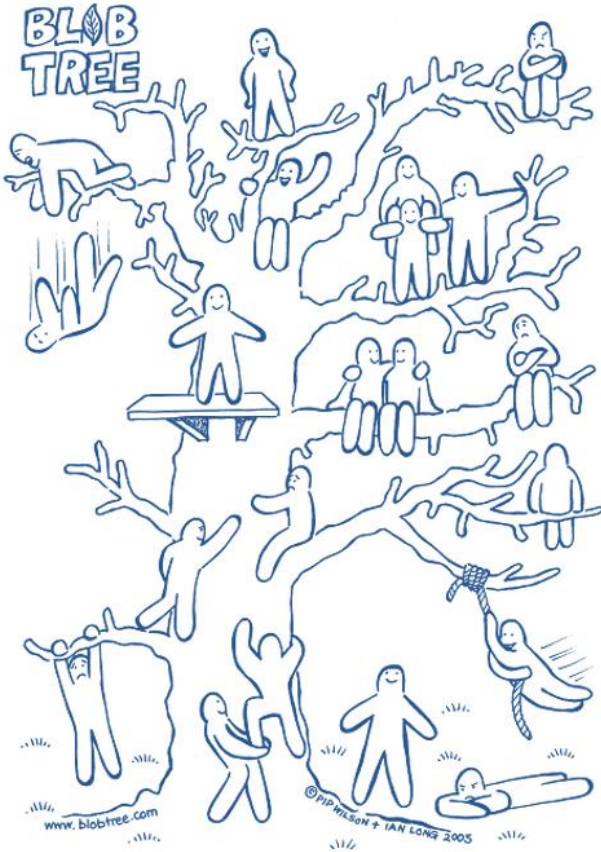


# My cool down plan

When I worked with \_\_\_\_\_ at school I learnt all about my feelings. We all have feelings and what is important is that I can talk about mine by expressing them in a safe way using my cool down plan when I need to.



Here is my mood scale. When I get to **number 6** I can use the strategies I have chosen that help me feel calm



## BLOB TREE

I can use my Blob Tree to talk to someone about how my Blob is feeling today. I can see if there are any other Blobs on the tree I can recognise or any that can help my Blob today.

## GROUNDING

I can use these grounding techniques to help me feel calm.

**5 4 3 2 1**

**SLOW DOWN & CALM DOWN**  
FIRST- TAKE 3 SLOW BELLY BREATHS!

**5** List 5 things you can SEE

**4** List 4 things you can FEEL

**3** List 3 things you can HEAR

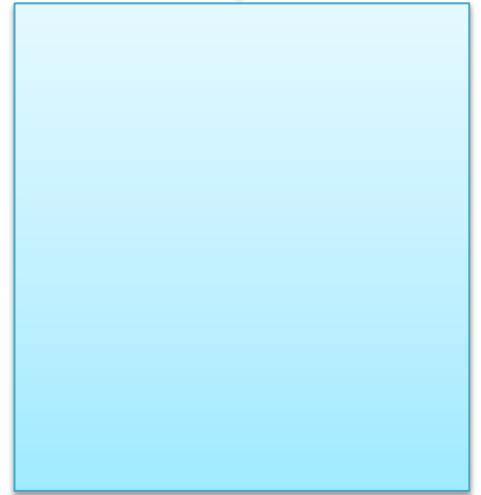
**2** List 2 things you can SMELL

**1** List something you like to TASTE

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

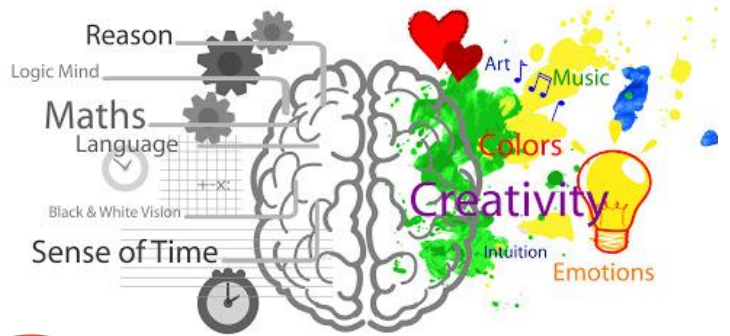


I can follow the 5 ways to wellbeing



## LEFT & RIGHT HAND DRAWING

I can use the opposite hand that I usually write with to choose a coloured pen/pencil and doodle a shape with that hand. I know that this helps me to feel calm.



## TENSE AND RELEASE

MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

