

CALMING CHARTS



PURPOSE:

Calming charts are visual tools designed to help neurodivergent students identify and manage their emotions. These charts provide structured options for self-regulation and empower students to make choices that support their well-being.

Place calming charts in accessible areas of the classroom. Encourage students to refer to them when feeling overwhelmed, anxious, or dysregulated. Use them as part of daily routines or during transitions to promote emotional awareness and autonomy.

WHO IS THIS FOR:

- ★ Teachers and educators
- ★ School support staff
- ★ Parents and caregivers
- ★ Peers and other students

HOW TO USE CHARTS:

Laminate the four "Draw How You Feel" posters and place them where students can easily access them to express emotions visually. Introduce all charts during calm moments and encourage students to use them to identify feelings, communicate needs, and choose calming strategies, especially during transitions, emotional check-ins, or when verbal communication is difficult.

NOTE:

THESE CHARTS ARE DESIGNED TO BE PRINTED ON A1 PAPER FOR OPTIMAL READABILITY AND PRESENTATION.

HOW AM I FEELING?

OVERWHELMED, ANGRY OR STRESSED

SIGNS:

Covers ears, avoids touch, refuses certain foods, hides or withdraws



CALMING STRATEGIES

Go to a quiet space, use headphones, take deep breaths, wrap in a blanket

DISCONNECTED, TIRED OR BORED

SIGNS:

Slow to respond, seems tired, misses cues, stares into space, forgets instructions



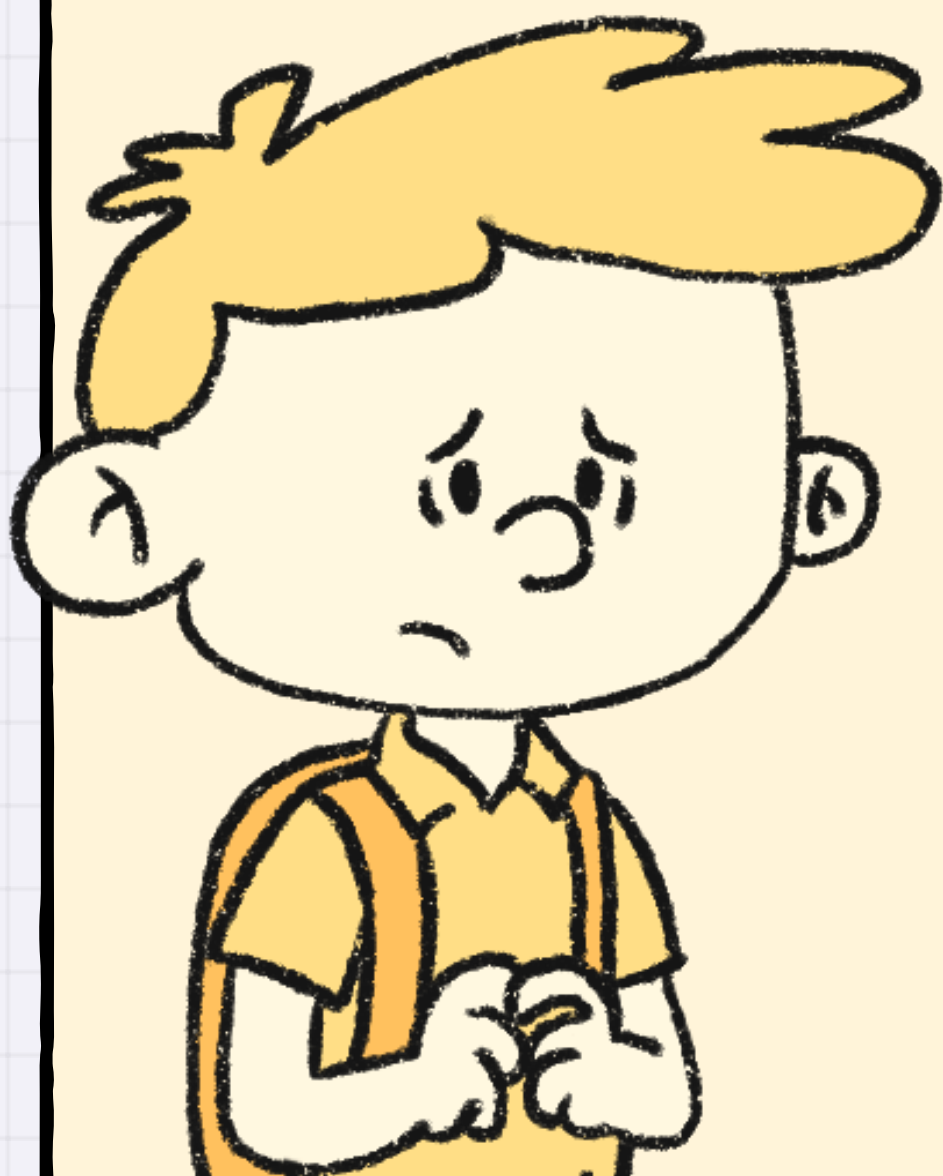
CALMING STRATEGIES

Give extra time, use clear prompts, offer movement breaks, add bright visuals

SENSITIVE, NERVOUS OR CONFUSED

SIGNS:

Startles at sounds, dislikes textures, avoids crowds, complains about smells, covers eyes in bright light



CALMING STRATEGIES

Reduce noise and lights, offer soft clothing, give warnings before changes

ENERGETIC, EXCITED OR RESTLESS

SIGNS:

Always moving, touches everything, makes loud noises, interrupts often



CALMING STRATEGIES

Offer fidget or sensory tools, give heavy work activities, allow jumping or spinning

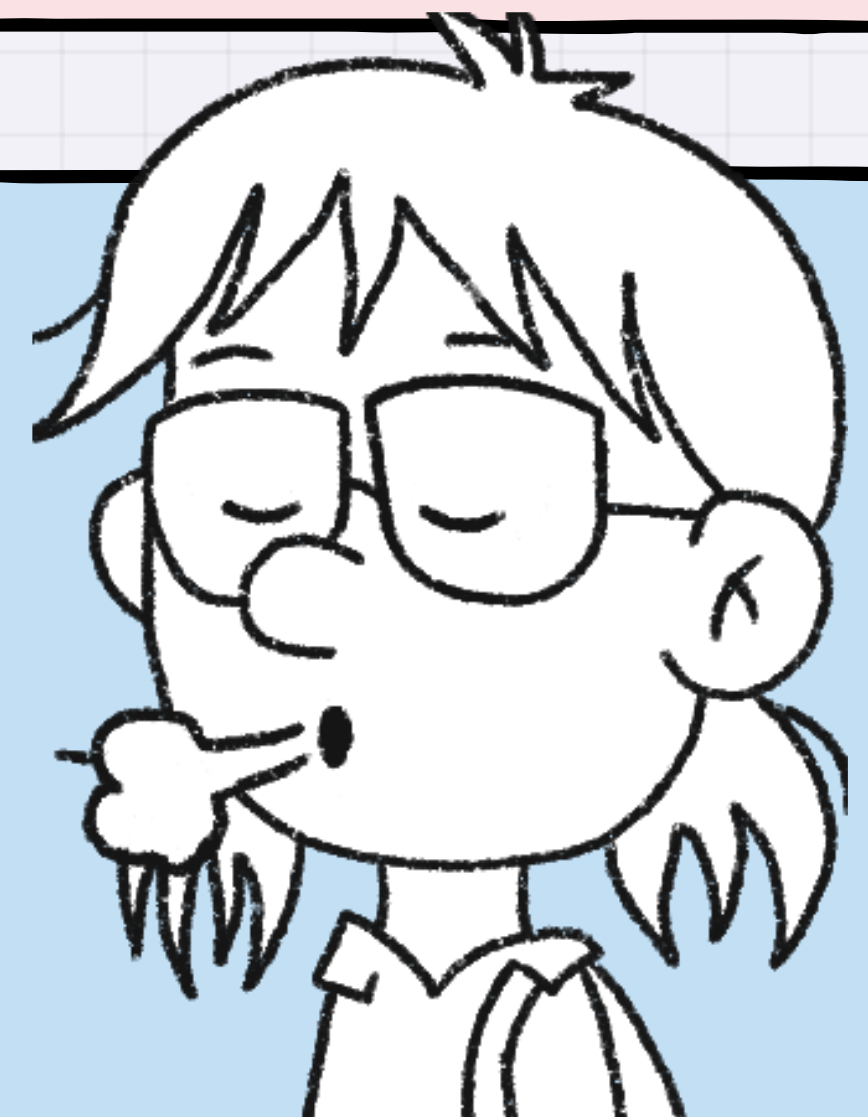
WHAT TO DO WHEN I AM FEELING OVERWHELMED

Sometimes our feelings get really big, especially when things feel too loud, too fast, or just too much. This chart helps you take a moment, breathe, and choose what to do next so you can feel better and solve the problem.



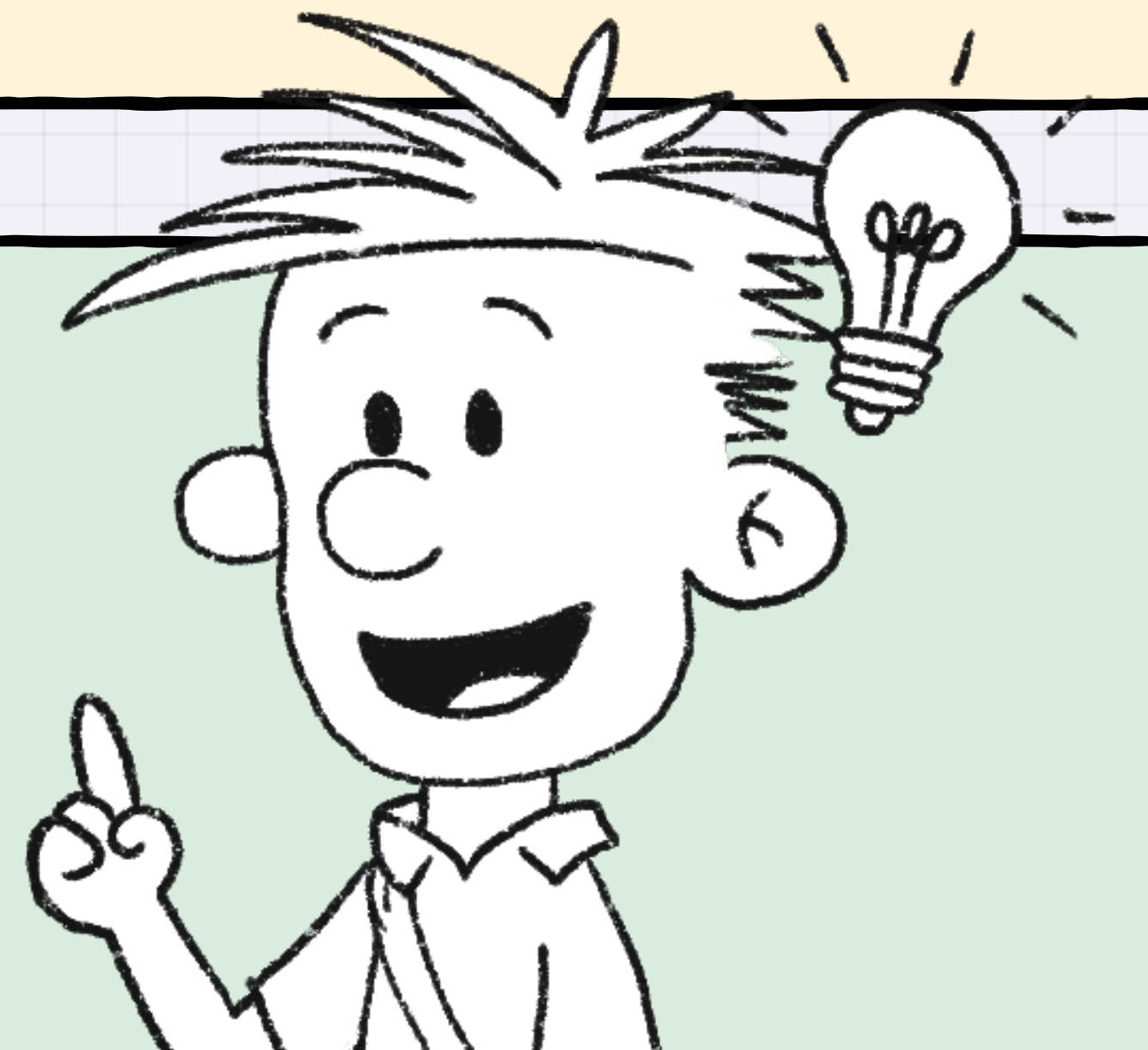
1. DECIDE HOW I AM FEELING

2. TAKE 3 DEEP BREATHS



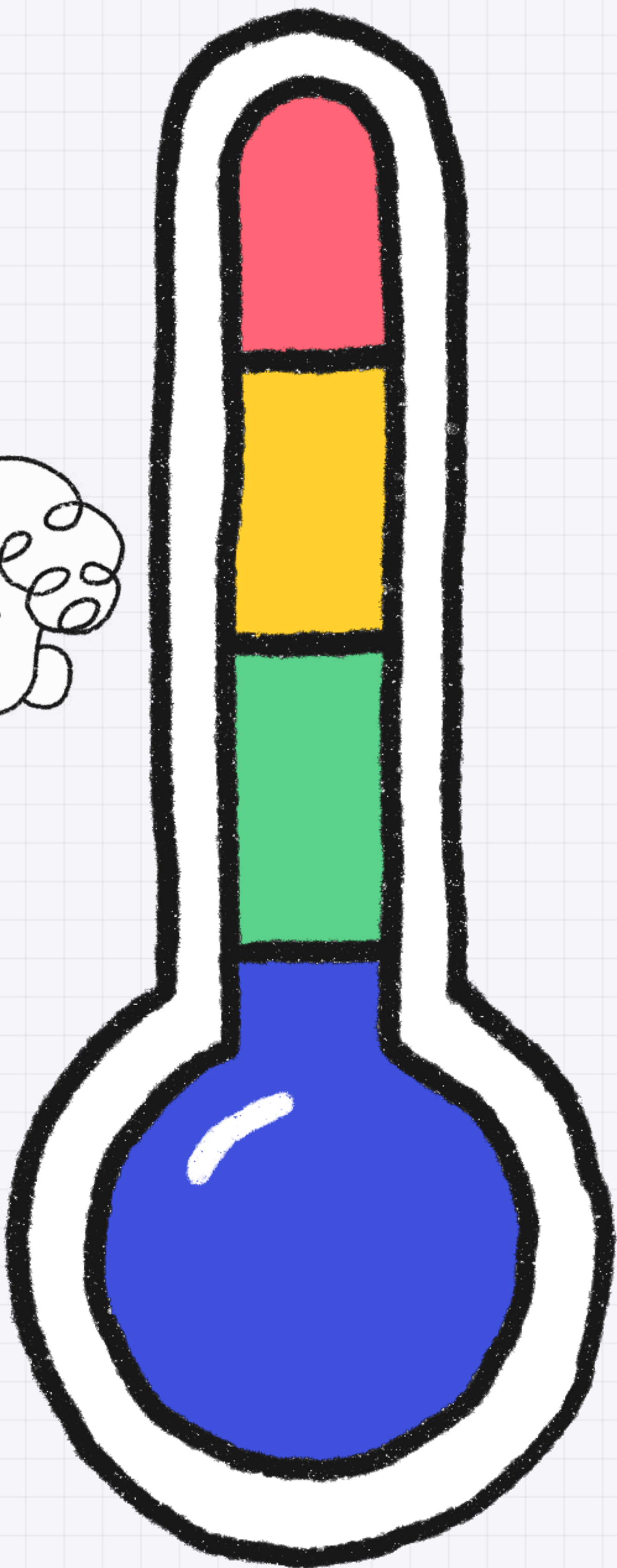
3. CHOOSE HOW TO CALM

4. CHOOSE HOW TO SOLVE PROBLEM



MY CALM DOWN CHART

I AM FEELING...



ANGRY ✨

My body feels tense, my heart is racing, and I want to yell or stomp.

FLUSTERED 🌀

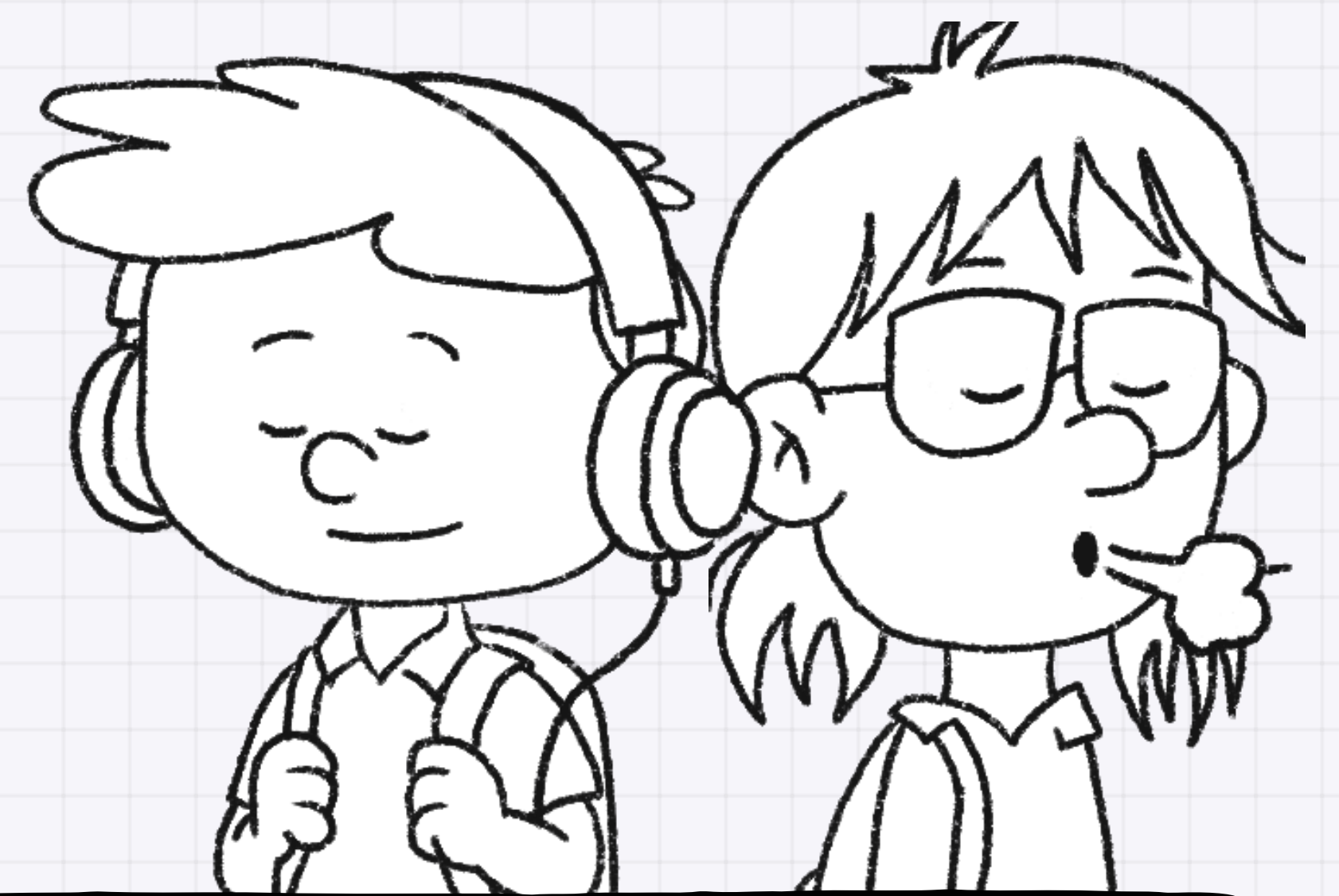
I feel annoyed or overwhelmed, and things aren't going the way I want.

UNEASY 🌊

My stomach feels tight, and I keep thinking about what might go wrong.

DOWN 📉

I feel low energy, maybe like crying or being alone.

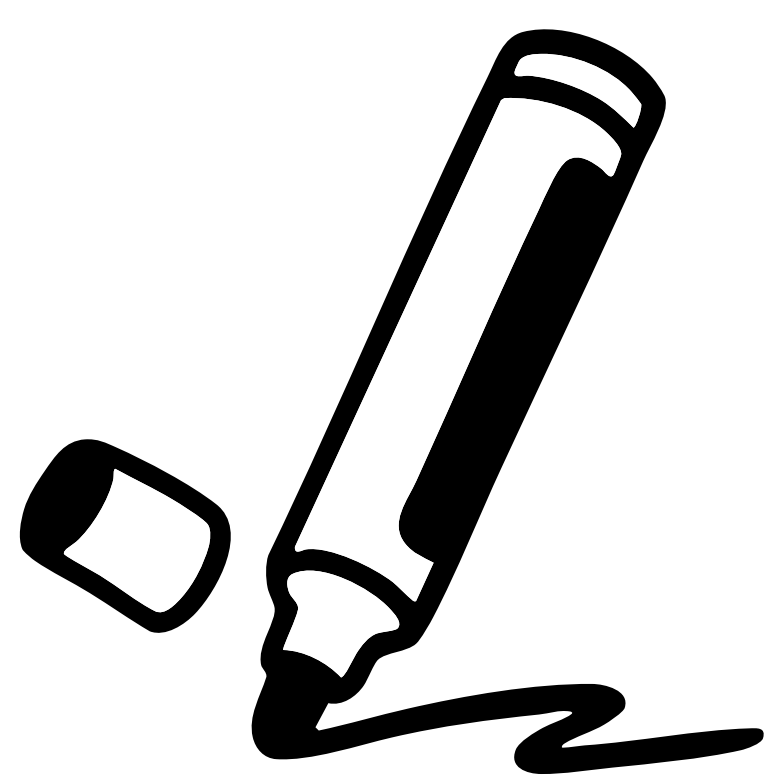


WHAT I CAN DO TO HELP MYSELF CALM DOWN...

- | | | |
|---|---|--|
| <input type="checkbox"/> Count slowly to 10 | <input type="checkbox"/> Take 3 deep breaths | <input type="checkbox"/> Ask for help |
| <input type="checkbox"/> Talk to someone | <input type="checkbox"/> Listen to music | <input type="checkbox"/> Ask for a hug |
| <input type="checkbox"/> Colour or draw | <input type="checkbox"/> Write down my feelings | <input type="checkbox"/> Read a book |
| <input type="checkbox"/> Take a break | <input type="checkbox"/> Get fresh air outside | <input type="checkbox"/> Have a fidget toy |

DRAW HOW
YOU ARE FEELING





**DRAW HOW
YOU ARE FEELING**

DRAW HOW
YOU ARE FEELING





**DRAW HOW
YOU ARE FEELING**

