My calm-down *plan.*

Fill this in on a calm day, so you don't have to think when it counts. When things start to build, find your level and follow that row.

MY LEVELS *The higher it goes, the fewer words and the more body-based the help.*

Find where you are.	HOW I CAN TELL	WHAT I DO	FROM OTHERS
LEVEL 3 Overwhelmed Meltdown or shutdown. Words may go offline.	*e.g. can't talk, frozen or exploding*	*e.g. safe space, weighted blanket*	*e.g. stay near, stay quiet*
LEVEL 2 Rising Getting loud inside. Harder to think.	*e.g. hot, pacing, snapping*	*e.g. leave the room, cold water*	*e.g. fewer words, dim lights*
LEVEL 1 Wobbly A bit off. Early signs.	*e.g. fidgety, short answers*	*e.g. headphones on, stim, snack*	*e.g. a quiet check-in*

WHAT OTHERS CAN DO *Tick what fits, add your own. Show this to people you trust.*

Please do *what helps me*

- ☐ Use fewer words
- ☐ Give me space

Please don't *what makes it worse*

- ☐ Ask me questions
- ☐ Touch me unless I ask

WHERE THIS PLAN LIVES ☐ Phone photo ☐ Wallet ☐ Fridge ☐ Bag Shared with: _____