



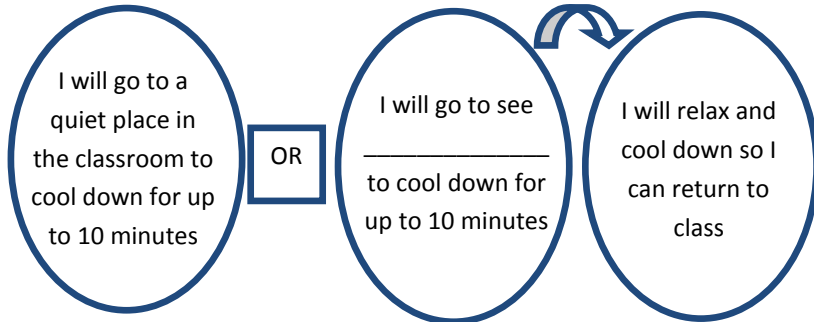
# Student's Cool Down Coaching Card



At the beginning of the day, my teacher will give me a Cool Down Card  
When I get really upset and need to cool down...

1. I will raise my hand and politely ask the teacher to use my cool down card

2. I will cool down in one of these ways:



3. I go directly back to my desk in the classroom

4. I participate in class, do my work, and stay relaxed and calm

I can only use a cool down card **3** times each day



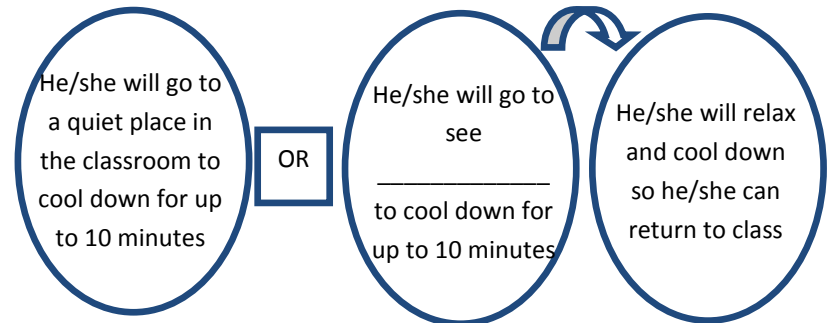
# Teacher Cool Down Coaching Card



At the beginning of the day, give Student a Cool Down Card  
When he/she gets upset...

1. Student will raise his/her hand and politely ask the teacher for cool down time  
(If he/she does not ask for cool down time, prompt him/her by saying, "Student, you look like you're getting upset. Do you need to use a Cool Down Card?")

2. Student will cool down in one of these



3. He/she will go directly back to his desk in the classroom

4. He/she will participate in class, do his work, and stay relaxed and calm

5. Give Student another Cool Down Card if he/she hasn't used all 3 during the day