At-Home Feel Good Plan

We all experience tough times and strong feelings. Like experts say, if we want to tame our strong feelings, we first need to name them. After identifying how our stress tends to show up, we can make a plan for practicing healthy ways to cope.

**HOW TO USE**
- With your child/student, choose the worksheet for their age and answer each question.
- Complete the Feel Good Plan based on the child’s responses.
- Share the Plan with the child’s teachers/caregivers.
- Bonus: Make a “calm corner” at home or fill a box with the items in purple to help kids and teens with their calming strategies.
Complete each section below. Add your own ideas to make sure your Feel Good Plan works for you!

When this happens...
(check all that apply)

- Being left out
- Yelling/arguing
- Lots of homework
- It’s too loud or quiet around me
- I’m hungry or thirsty
- Other:

When I feel this way, I might:
(check all that apply)

- Yell
- Hit someone
- Hide
- Cry
- Not talk
- Other:

I feel:
(draw, write or use a Feelings Chart)

Something I can try to help me calm down is:
(check all that apply)

- Say something nice to myself
- Take five deep breaths
- Play with clay or slime
- Draw/color with paper and markers
- Rest with a blanket or stuffed animal
- Other:

My Feel Good Plan:

When I feel _______________________ and may start to ____________________,
I will try _____________________________ to help me calm down.
Adults can help me by _____________________________.

Elementary Students (Ages 5-10)
My At-Home Feel Good Plan

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When this happens...
(check all that apply)

- Not being listened to/included
- Yelling/arguing
- Lots of homework
- Not understanding an assignment
- Teasing
- Other:

I might feel:
(check all feel)

- Bad about myself
- Frustrated/angry
- Lonely
- Tense
- Tired
- Other:

Others may see me:
(check all that apply)

- Yell/swear/fight
- Pace/rock/bounce my legs
- Cry
- Get very quiet
- Avoid people
- Other:

Something I can try to help me calm down is:
(check all that apply)

- Say something nice to myself
- Take five deep breaths
- Write in a journal or read a book
- Listen to music
- Go for a walk
- Other:

My Feel Good Plan: ☺️

When I feel _________________________ and may start to __________________________,

I will try ________________________________ to help me calm down.

Adults can help me by ________________________________.