



Making a 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" using the [Virtual Me Moments Hub](#) or fill a box with the items in **purple** to help kids and teen with their calming strategies.

Adapted from Wisconsin Department of Public Instruction [Emotional Regulation Plans](#)

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Elementary Students (Ages 5-10)

My Feel Good Plan

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:

I feel:

(draw, write or use a Feelings Chart)

When I feel this way, I might:

(check all that apply)

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

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 _____.

Middle & High School Students (Ages 11 and up)

My Feel Good Plan

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)

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

I might feel:

(check all that apply)

- 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 _____.