

### Objective

The student will learn when to implement a calm down tool when dysregulated.

### Skills

- Take a Break
- Count to 10
- Say Words (“I’m angry/mad”)
- Take a Breath
- Squeeze a Stress Ball

### Vocabulary

- Break
- Breath
- Calm down
- Calm down tool
- Count
- Face
- Say
- Say words
- Squeeze
- Stop
- Tool
- Angry
- Better
- Calm
- Feelings
- Happy
- Sad
- Upset

# The Calm Down Module

Welcome to the Calm Down Module! Over the coming weeks, your student will be working with our facially expressive robot to learn emotional regulation strategies and social skills. As the first step in the curriculum, students will begin completing the Calm Down Module.

As noted in the introduction, the robot provides a bridge from learning new skills to practicing with humans. Maintaining emotional regulation is frequently a challenge for kids of all ages. When an individual becomes very anxious, restless, active, aggressive, upset, self-stimulatory, we can say that a student is ‘dysregulated.’ Dysregulation can negatively impact attention, communication, and learning.

The goal of the Calm Down module is to help students learn strategies to maintain or regain emotional regulation (i.e., calm down). The curriculum is designed so that students will first be instructed and have the opportunity to practice five calm down strategies at a time when they are NOT dysregulated, so that they are better primed for learning. As your student progresses through the curriculum, when and if the student becomes dysregulated, the facilitator (teacher, therapist, aide) will have the opportunity to “trigger” the robot to navigate the student through the process of calming down using the student’s preferred strategy.

## Using Calm Down Tools at Home

### Before getting started, please have:

- A visual support for your student’s preferred calm down tool(s)
- A printed copy of the social narrative(s) that will support his/her use of the tool.

**Take a Break:** Set up a quiet location as “break area” which can be available at all times. The area should be in a convenient location where the student has free and easy access. Put activities in the break area that are known to be calming for the student (ex., bean bag chair, cube chair, soft stuffed animal, stress ball, low lighting, etc.). **REMEMBER:** the break area is not a “time-out” area. The break area should be a quiet, safe, and calm place where the student can go when he/she becomes dysregulated.

**Squeeze a Stress Ball:** There are a variety of extremely low cost commercially available stress balls out there, but in a pinch, filling a balloon with corn starch and tying it tightly works great!

# Social Narratives

## Lesson 1: Introduce Concept of Calm Down and Calm Down Strategies

- Sometimes I feel angry. When I feel angry, I need to try to calm down. There are things I can do to help me calm down.

These are some of my calm down tools:

- › Take a break
- › Count to 10
- › Say words
- › Take a breath
- › Squeeze a stress ball

These are some of my calm down tools. These are all different ways I might calm down.

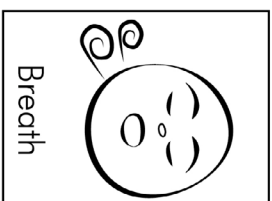
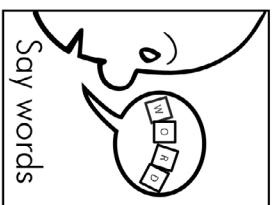
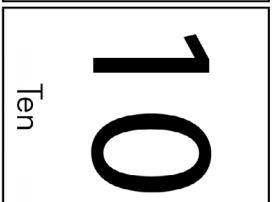
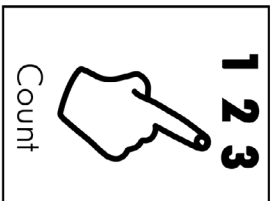
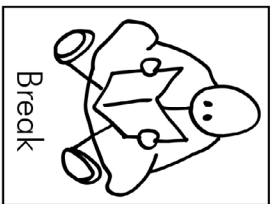
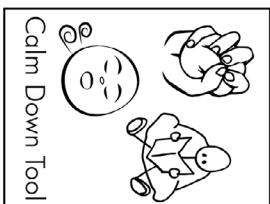
## Lesson 2: Student Practice (no new social narratives--utilize social narrative from previous lesson)

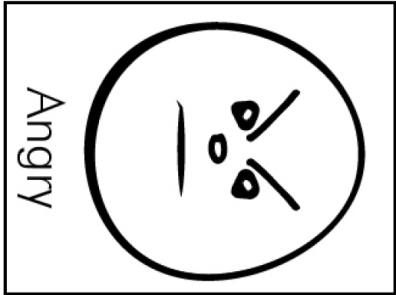
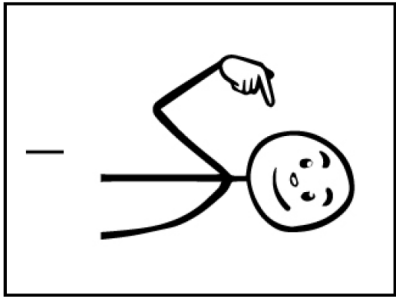
## Lesson 3: What do you use to calm down? What is your calm down tool?

- Everyone gets angry sometimes. It's ok. We can all use our calm down tools to help us calm down. We might use one of these calm down tools:

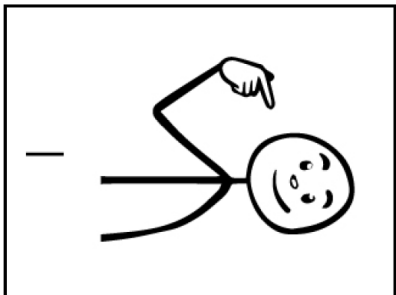
- › Take a Break
- › Count to 10
- › Say words (i.e., "I'm mad")
- › Take a breath
- › Squeeze a stress ball

Calm Down Tools:





I am angry,



I can \_\_\_\_\_.

1

One

2

Two

3

Three

4

Four

5

Five

6

Six

7

Seven

8

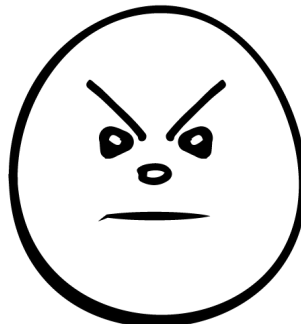
Eight

9

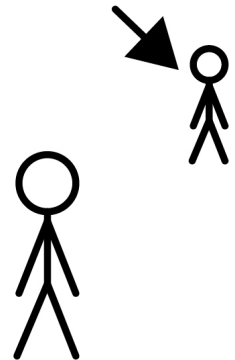
Nine

10

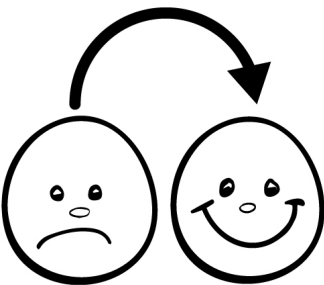
Ten



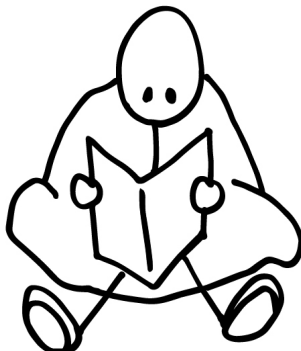
Angry



Away



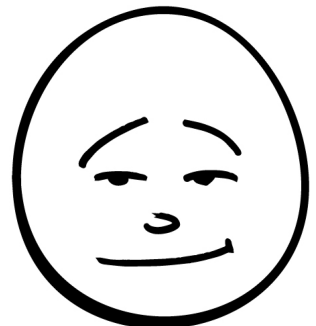
Feel Better



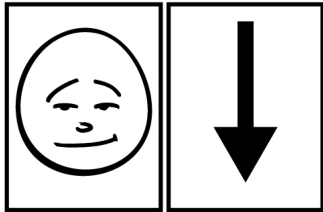
Break



Breath



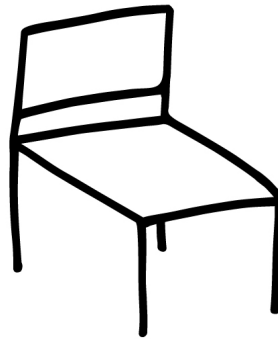
Calm



Calm Down



Calm Down Tool



Chair



Choose

**1 2 3**



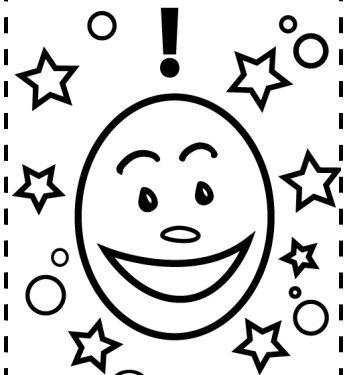
Count



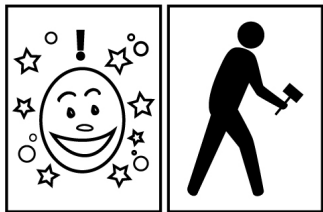
Different



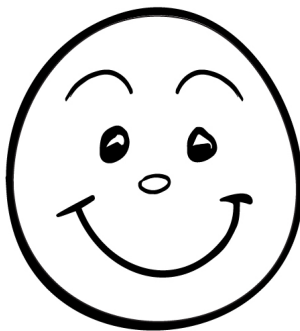
Feelings



Great



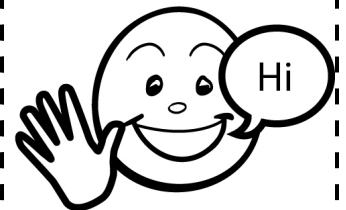
Great Job



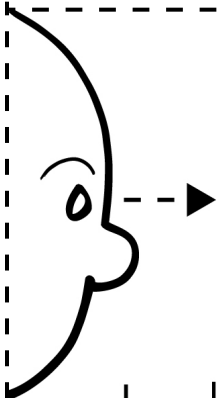
Happy



Help



Hi



Look



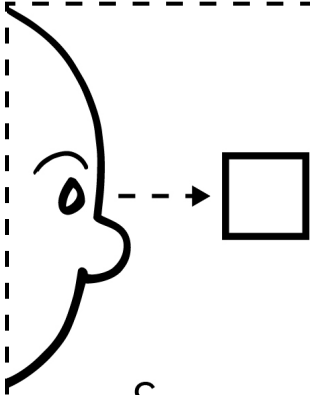
Make



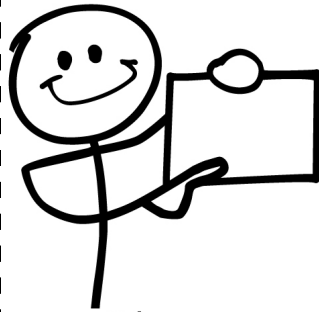
Ok



Right



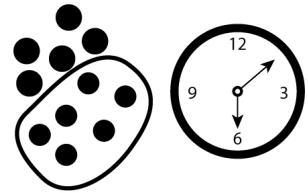
See



Show



Sit



Sometimes



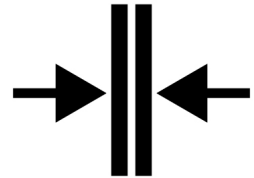
Squeeze



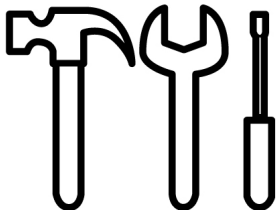
Stop



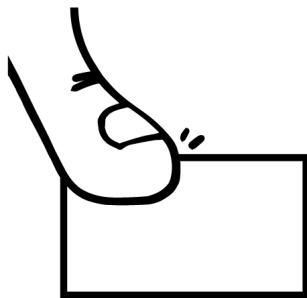
Tablet



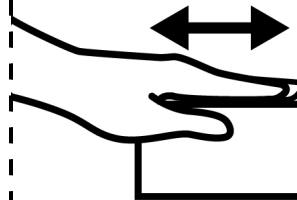
Together



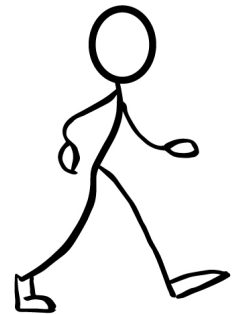
Tool



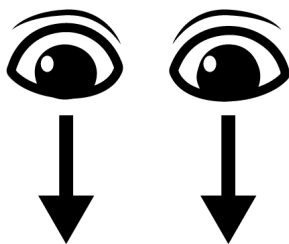
Touch



Use



Walk



Watch



What