Big Feelings, Calm Steps

A flexible chart for small steps and big smiles

CHILD'S NAME

START DATE



MY GOAL

Try a calming strategy

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



MY REWARD

Add a sticker for each attempt or success. Praise effort and progress.