# 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.