

# *SEN Early Years Inclusion Service*

## **Social Story- Calming Down**



Sometimes I feel angry/frustrated. This is ok. Everyone feels angry/frustrated sometimes.



I can use the thermometer to help say how I am feeling.



\_\_\_\_\_ will help me label my feelings  
and tell me why I feel like this.



I can do some things to help me calm down. I can go to my calming area.



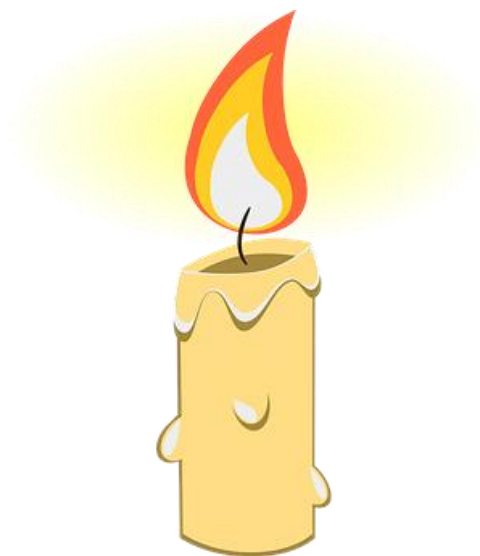
When I am in my calming area:

I can think of a strawberry and a candle.

When I am thinking of a strawberry I can pretend I am smelling the strawberry. I will breathe in through my nose and count to 3.



When I am thinking of a candle I can pretend I am blowing out a candle. I will breathe out through my mouth and count to 3.



I can do this 3 times.

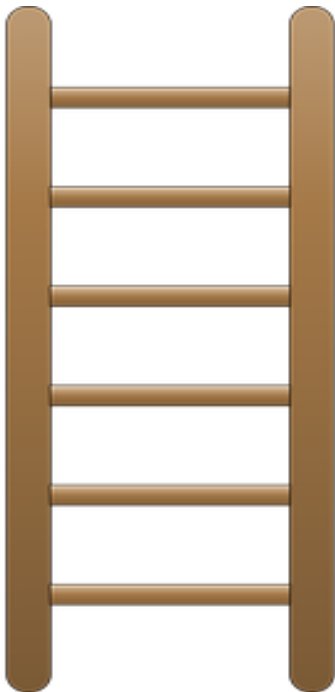
1

2

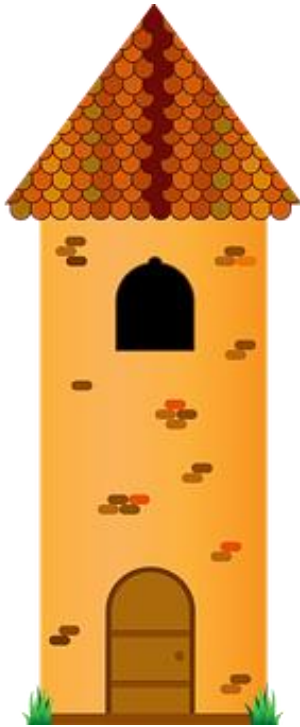
3

I can think of a ladder and a tower.

When I think of a ladder I can pretend I am climbing a ladder to reach my tree house.



When I think of a tower I can stretch as tall as a tower by reaching up high towards the sky.



This will help me feel calm and happy.



I can use the thermometer to help say how I am feeling.



\_\_\_\_\_ will help me label my feelings  
and tell me why I feel like this.



I will then be ready to play again.



Everyone is happy I am learning to calm down when I am angry/frustrated.

