

# Calm-Down Sandwich Instructions

It can be difficult for children to regulate emotions and use coping skills when they're feeling escalated. Having a visual, tangible plan can help them learn to manage difficult situations.



## Steps:

- Write the child's name on the top piece of Bread.
- Select coping skills (that you know work!) and write on the inner pieces of the sandwich...add as many as you'd like! The child can choose from a list of provided skills, or add their own.
- Assemble the Calm-Down sandwich...we think an actual sandwich bag really completes the look!
- When the child starts to feel overwhelmed, frustrated, or just needs a break from a situation, help direct them to their Calm-Down Sandwich.

