

## Calmer Kindergartens – Child Worksheet

(complete one per child)

Things that work for (child's name):

Date:

Review:

I need help with:

I do this when:

Things that make it harder for me (more likely that I'll have problems):

(e.g. being hungry, waiting for my carer, seeing other parents come and take children home, having toys taken from me, sharing, hearing loud noises, seeing angry faces).

Things that help:

**Break in**

e.g. words, actions.

Things that help:

**Breakout**

Things that help:

**Build up**