## Bad Minute Plan

When I notice I'm getting upset:	
I will let	know by telling them
or by using this signal	
When given permission, I can go to	
When I get to my chill zone, it's time to cool off by using these	e strategies:
(See "Stress Management Strategies" for a menu of ideas.)	

When I've chilled out, like I'm back to a 1 or 2 on my 1-5 scale, it's time to rejoin the group. I still may have to do things I don't really want to do, I might not even really feel like being back in the group again, but I can deal with it. This way I don't get too behind in class and I get to control the size of the problem and bad moment. I can still have a pretty good day at the end, and my classmates, teacher, and parents will feel good



about me, act nicer to me, and I feel better about myself.