

## Calming Board Implementation Protocol

\*Example Below

Material: computer, paper, printer, laminator (optional)		
<b>Purpose:</b> The purpose of a calming board is to provide a soothing visual and tactile tool for self-regulation, helping individuals de-escalate from heightened emotional states, and regain a sense of calm and control.		
Staff	Student/Adult	Contingency
-Choose preferred pictures to utilize in the calming board. -Create two identical pages containing around 8-12 pictures. -Print pages, laminate, cut pictures out from one page, Velcro pictures. -Finalize and Prepare Materials -Introduce and Implement -Monitor and Adjust	Engage individual in the process by helping choose pictures they enjoy or find calming.	Prompt and assist the individual in their participation, as needed.
<u><b>Choosing Pictures</b></u> A person can have multiple calming boards with pictures of preferred or meaningful people, items, or hobbies. Calming boards can also contain words.  Boards can have any number of pictures or words but should be tailored to the person's needs. Pictures can be repeated.	Assist and agree on pictures.	Prompt and assist the individual in their participation, as needed.
<u><b>Creating Calming Board</b></u> On a document, paste pictures in multiple rows. Make sure that there are a variety of pictures in a random order.  Print two copies of the same page of pictures.	If the person chooses, they can make their own calming board with assistance or prompts as needed.	For someone with a visual impairment, ensure that the pictures and font are large enough for the person to see.

<p><b><u>Finalize and Prepare Materials</u></b></p> <p>After the pages have been printed, laminate both sheets.</p> <p>Cut the pictures out of <b>one</b> of the laminated sheets. Place a piece of Velcro on the back of each of the pictures and on each picture on the full sheet of pictures.</p>	<p>Assist with cutting and placing Velcro, as needed.</p>	
<p><b><u>Introduce and Implement</u></b></p> <p><b>Explain the Purpose:</b> Start by explaining what a calming board is and how it can help. You might say, "A calming board is a tool that can help you manage stress and feel more relaxed by providing visual cues and activities that are soothing."</p> <p><b>Show an Example:</b> Present a sample calming board to give them a clear idea of what it looks like and how it works. You can explain, "Here's an example of a calming board. It includes pictures and activities that can help you feel calm and focused." Take the top Velcroed pictures off of the main picture sheet and then place them back in their appropriate spot (see video model)</p> <p><b>Practice:</b> Make sure to practice using the calming board when the person is in a calm state as well as a calming technique when the person is in a heightened emotional state.</p>	<p>Utilize the calming board during morning routine, when starting to feel frustrated, or any time you need to get back to calm state.</p> <p>Practicing using the calming board when already in a calm state will help when using it when someone is feeling frustrated.</p>	<p>Begin to help a person identify what they may be feeling if they are not yet able to themselves and guide them to utilize their calming board.</p> <p>The person might need prompted to complete their calming board and assistance getting the pieces ready. Prompting, as needed, is okay!</p>
<p><b><u>Monitor and Adjust</u></b></p> <p>Check calming board for all its pieces, water damage, etc.</p> <p>Calming boards can be brought across settings or multiple can be made.</p> <p>Update pictures as individual's preferences and interests change.</p>	<p>Assist and agree on different ways a support person can be helpful in remaining in a calm state, and what is needed when you are in different levels.</p>	<p>What the support person can do can change as you find more ways that encourage positive behavior in the person.</p>

**Examples:**





I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

I am calm and safe.

I can calm my body.

