

Levels and Calming

Expectations

1. I will keep a calm body. I will keep my hands and feet to myself.
2. I will use a quiet voice.
3. I will follow my schedule and do my work.
4. I will use my calming routine.

Level	What it looks like	How I feel	What I will do	How my teachers will help me?

My calming routine:

1. I will go to my area.
2. I will do my calming activity
3. I will check my levels and return to my schedule when I'm ready