

MY CENTERING PLAN WORKSHEET

SOME OF MY PERSONAL WARNING SIGNS

<p>Body signals (outside):</p>	<p>Body signals (inside):</p>
<p>Feelings or ideas:</p>	<p>Triggers</p>

WHEN I FEEL THESE PERSONAL WARNING SIGNALS HAPPENING, I CAN IMPROVE THE SITUATION. I CAN:

<p>DO THESE THINGS <i>For example, take a walk, write in my journal, shoot hoops, swing, dance</i></p>	<p>CHANGE MY ENVIRONMENT <i>For example, get a stuffed animal, have a snack, use some lotion, Listen to music, draw a picture of something I like</i></p>
<p>GO HERE <i>For example, go to my room, the park or outside. Or Visualize a place I like</i></p>	<p>TALK OR WRITE TO THESE PEOPLE</p>
<p>TALK OR WRITE TO THESE PEOPLE Such as, "I can do it!" or " I did this really well last week."</p>	