Instructions
Pick a time when you and your child are feeling relaxed and calm to start this discussion. You can complete these worksheets all in one sitting or over a few days. If you notice them getting upset, take a break and return to it at another time.

Start by discussing the things that make them upset. It might help to think about yourself as an explorer by being curious about what they have to say. Next, talk about what happens to their body when they are upset. You might say, “Our bodies warn us when we are getting upset. It is important to recognize what our bodies are trying to tell us, so we can do something that helps us feel calm again. How do big feelings show-up in your body?” Finally, explore what helps your child feel better.

We hope these simple worksheets might help you and your child prevent the next big melt-down OR help you feel better prepared for when it does happen.

General tips
You might want to start the discussion by saying something like, “I was hoping you could teach me about the things that make you feel upset and what helps you feel better. I want to learn about ways I can help you the next time big feelings come and get you upset.”

Another great way to introduce the activity is to watch the short video from Mindful Schools called, “Just Breathe,” available on YouTube. https://youtu.be/RVA2N6tX2cg

Avoid denying or dismissing their ideas for what makes them upset or helps them feel better. Let the ideas come from them. It is their plan, after all, and what’s in it needs to come from them. If it doesn’t, it won’t be useful.

If you are having trouble getting them to open up, it is okay to offer a suggestion or an idea but ask for permission first. It might sound like this, “It seems like you are having a hard time thinking of how upset feelings show up in your body. Would it be okay if I told you what I’ve noticed?” If they say no, that might be a sign to put it away and return to the discussion later.
WHAT HELPS YOU FEEL BETTER?

**Touch**

- Writing
- Fidget Toys
- Games
- Toys
- Bath or Shower
- Stress Ball
- Special Blanket
- Hugs
- Stuffed Animal
- Bean Bag Chair

Anything else that you touch or hold to make you feel better? _______________________

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**See**

- Reading
- TV or Videos
- Pictures
- Computer

Anything else that you look at to make you feel better? _______________________

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Any other way that you move to make yourself feel better?

Anything else that you listen to make you feel better?

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Smell

Anything else that you like to smell to make you feel better?  

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Taste

Anything else that you like to taste to make you feel better?  

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
WHAT MAKES YOU FEEL UPSET?

I DON’T LIKE

- Being Touched
- Too Many People
- Dark
- Loud Noises
- Someone Being Mean
- Certain Times
- Certain Dates
- Being Sick
- Being Hungry
- Being Lonely
- Storms
- Being Surprised
- Being Told “No”
- Yelling
- Arguing with a Friend
- Being Tired

Anything else that makes you feel upset?
WHEN I AM UPSET, MY BODY FEELS LIKE:

- Cry
- Clench Teeth
- Loud Voice
- Running
- Jumping/Stamping
- Swearing
- Upset Stomach
- Heavy Breathing
- Racing Heart
- Laughing
- Punching/Hitting
- Being Mean/Rude
- Rocking or Pacing
- Making Fists
- Hot/Red Face
- Shaking/Nervous

Anything else that you feel or do when you’re upset?

________________________________________________________________________
________________________________________________________________________

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MY BODY AWARE CARE PLAN

Things That Upset Me:

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

Things That Help ME Calm Down:

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

When I’m very upset, please

Don’t do this

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

Do this, instead

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________

Name: ______________________________

Date: ______________________________

Signature: __________________________

Parent Signature: ____________________

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