

Desk-Taped Mini Calm-Down Steps Strip

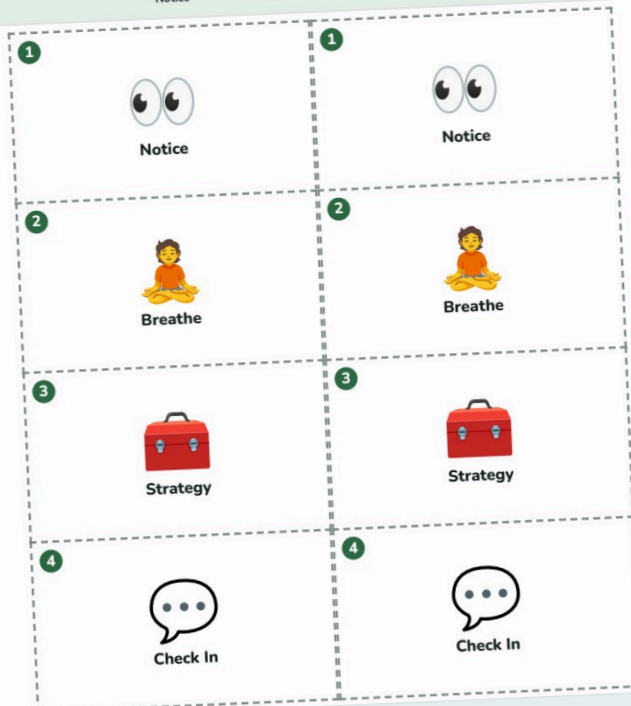
SECTION 1 · THE NARROW CALM-DOWN STRIP

CALM-DOWN STRIP

STRIP Morning Calm-Down Reminder Strip (Color)

Two identical 2.75-inch wide strips, cut apart. Print on cardstock, cut the single line down the middle to separate the two copies, then cut each copy into its four steps if you want to rearrange them, or leave them as one strip. Tape the strip along the edge of the desk, left to right. This is the color set; the same strip in the ink-saver set is on page 7.

MORNING CALM-DOWN REMINDER, AT A GLANCE



MORNING CALM-DOWN REMINDER: THE ORDER, AND WHY TWO COPIES

Notice → Breathe → Strategy → Check in

One copy tapes to this desk or corner; the second copy is a spare for a different location, a backpack, or the family page (page 19) if this reminder is something the family also uses at home.

Desk-Taped Mini Calm-Down Steps Strip

Page 6 of 23

+ BRIGHT PATH SPED

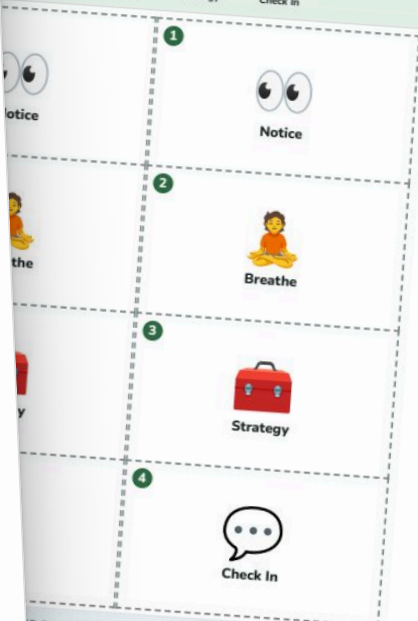
READY-MADE STRIPS

CALM-DOWN STRIP

Ready-Made Calm-Down Reminder Strip (Color)

Two identical 2.75-inch wide strips, cut apart. Print on cardstock, cut the single line down the middle to separate the two copies, then cut each copy into its four steps if you want to rearrange them, or leave them as one strip. Tape the strip along the edge of the desk, left to right. This is the color set; the same strip in the ink-saver set is on page 13.

REMINDER, AT A GLANCE



THE ORDER, AND WHY TWO COPIES

in

The second copy is a spare for a different location, a backpack, or the family page (page 19) if this reminder is something the family also uses at home.

Page 11 of 23

+ BRIGHT PATH SPED

+ BRIGHT PATH SPED

What Is Inside, and Where

Before you begin

PAGE 4



Start Here —
Three Steps
START HERE

4

01 The Narrow Calm-Down Strip

PAGES 6–8



Morning Calm-Down Reminder Strip (Color)
STRIP

6



Morning Calm-Down Reminder Strip (Ink-Saver)
STRIP

7



Blank Strip (Type or Write Your Own Steps)
STRIP

8

02 Two More Ready-Made Strips

PAGES 10–13



During-Work Calm-Down Reminder Strip (Color)
STRIP

10



Transition Calm-Down Reminder Strip (Color)
STRIP

11



During-Work Calm-Down Reminder Strip (Ink-Saver)
STRIP

12



Transition Calm-Down Reminder Strip (Ink-Saver)
STRIP

13

03 Using It, Data and Home

PAGES 15–22



How to Build and Tape the Strip
REFERENCE

15



Calm-Down Strip Log
LOG

16



Weekly Roll-Up and Graph
TRACKER

17



Filled Example
EXAMPLE

18



Family Page
NOTES

19



Hand-Off to Another Adult
NOTES

20



Phrase Bank
REFERENCE

21



Storage and Binder Labels
REFERENCE

22

HOW THE TAGS ON EACH PAGE WORK

Every page carries a small tag in its top corner, the same word used above: **Strip** a sheet of cut-apart reminder pieces, **Log** the data sheet, **Tracker** the weekly roll-up, **Example** the filled-in sample, **Notes** a page meant to be sent out or handed off, and **Reference** everything else you read rather than fill in.

Start Here — Three Steps



1

Print and cut

Print the three ready-made reminder strips (pages 6, 10 and 11) from the color set on cardstock, or the ink-saver set (pages 7, 12 and 13) on plain paper.

Cut the one line that separates the two identical copies on each sheet. A blank strip for a sequence not covered here is on page 8.



2

Tape it where it might be needed

Tape a reminder strip where a student might go in a big-feeling moment: the morning meeting area, the work desk, the transition corner. Point to the current step, say the line once (page 21), and wait.

The how-to page (page 15) has the rest: cutting, taping, what to do when a step needs help, and handing a second strip to another adult.



3

Log it, roll it up, send it home

One row on the log (page 16) each time a step is shown: the location, which step, and whether the student completed it without help.

Total the week on the roll-up (page 17) and dot the graph. Send the family page (page 19) home the week a reminder strip is new; the hand-off page (page 20) goes with a spare strip to any other adult.

WHAT THIS FILE IS

A fillable PDF: a fixed four-step calm-down sequence (Notice, Breathe, Strategy, Check In) printed as 3 ready-made reminder strips, each printed as two identical 2.75-inch wide strips, plus a blank strip template, sized to tape in different locations where a student might go in a big-feeling moment instead of mounting on a wall. It works offline with no account or subscription and prints the same on every machine.

WHAT THIS FILE IS NOT

It is not an editable online slideshow or word-processor document, and it is not a behavior plan, a strategy, a crisis protocol or a program. It supplies no prompt hierarchy, fading schedule or mastery rule and promises no outcome; it shows an adult how to tape and use a calm-down reminder, and counts what happened.

WHICH PAGE, WHEN

YOUR SITUATION	GO TO
A student learning a four-step calm-down sequence in order	Ready-made reminders, page 6
A sequence the three ready-made strips do not cover	Blank strip, page 8
A photocopier, or a copy for a second adult	Ink-saver strips, pages 7–13
A paraprofessional, specials teacher or substitute who needs the sequence on one page	Hand-off page, page 20
The IEP meeting or a family conference	Roll-up and graph, page 17; example, page 18

IF SOMETHING DOES NOT WORK, AND WHERE THIS FILE LIVES

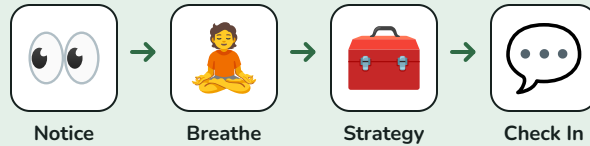
A field will not hold my typing. Open in Adobe Acrobat Reader or Preview, not a browser tab. **A strip will not stay taped.** Tape all four edges, not just the middle; the **Ask a Question** tab reaches me, and a fix is a free update. **Confidentiality:** a filled-in log or example is a student record — initials only once it leaves your hands.

STRIP

Morning Calm-Down Reminder Strip (Color)

Two identical 2.75-inch wide strips, cut apart. Print on cardstock, cut the single line down the middle to separate the two copies, then cut each copy into its four steps if you want to rearrange them, or leave them as one strip. Tape the strip along the edge of the desk, left to right. This is the color set; the same strip in the ink-saver set is on page 7.

MORNING CALM-DOWN REMINDER, AT A GLANCE



1  Notice	1  Notice
2  Breathe	2  Breathe
3  Strategy	3  Strategy
4  Check In	4  Check In

MORNING CALM-DOWN REMINDER: THE ORDER, AND WHY TWO COPIES

Notice → Breathe → Strategy → Check in

One copy tapes to this desk or corner; the second copy is a spare for a different location, a backpack, or the family page (page 19) if this reminder is something the family also uses at home.

STRIP

Transition Calm-Down Reminder Strip (Color)

Two identical 2.75-inch wide strips, cut apart. Print on cardstock, cut the single line down the middle to separate the two copies, then cut each copy into its four steps if you want to rearrange them, or leave them as one strip. Tape the strip along the edge of the desk, left to right. This is the color set; the same strip in the ink-saver set is on page 13.

TRANSITION CALM-DOWN REMINDER, AT A GLANCE



1	 Notice	1	 Notice
2	 Breathe	2	 Breathe
3	 Strategy	3	 Strategy
4	 Check In	4	 Check In

TRANSITION CALM-DOWN REMINDER: THE ORDER, AND WHY TWO COPIES

Notice → Breathe → Strategy → Check in

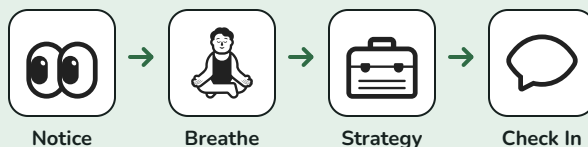
One copy tapes to this desk or corner; the second copy is a spare for a different location, a backpack, or the family page (page 19) if this reminder is something the family also uses at home.

STRIP

Morning Calm-Down Reminder Strip (Ink-Saver)

Two identical 2.75-inch wide strips, cut apart. Print on cardstock, cut the single line down the middle to separate the two copies, then cut each copy into its four steps if you want to rearrange them, or leave them as one strip. Tape the strip along the edge of the desk, left to right. This is the ink-saver set; the same strip in the color set is on page 6.

MORNING CALM-DOWN REMINDER, AT A GLANCE



1	 Notice	1	 Notice
2	 Breathe	2	 Breathe
3	 Strategy	3	 Strategy
4	 Check In	4	 Check In

MORNING CALM-DOWN REMINDER: THE ORDER, AND WHY TWO COPIES

Notice → Breathe → Strategy → Check in

One copy tapes to this desk or corner; the second copy is a spare for a different location, a backpack, or the family page (page 19) if this reminder is something the family also uses at home.

 LOG

Calm-Down Strip Log

One row every time a step is shown from a calm-down strip. It counts one thing: whether the student completed it without help.

STUDENT

SETTING OR ROOM

WEEK OF

#	DATE	TIME	LOCATION	STEP SHOWN	COMPLETED WITHOUT HELP? (Y / N)	INITIALS
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						

WHAT GOES IN “LOCATION”

Your own short name for where this reminder is posted — morning meeting, work desk, door, or a name from a blank strip. Use the same word every day so two rows can be compared.

WHAT “COMPLETED WITHOUT HELP” MEANS

Y when the student moved to the step on their own after the line was said once, no second point and no added words. Anything more is N; total the Y rows on the roll-up (page 17) at the end of the week.

TRACKER

Weekly Roll-Up and Graph

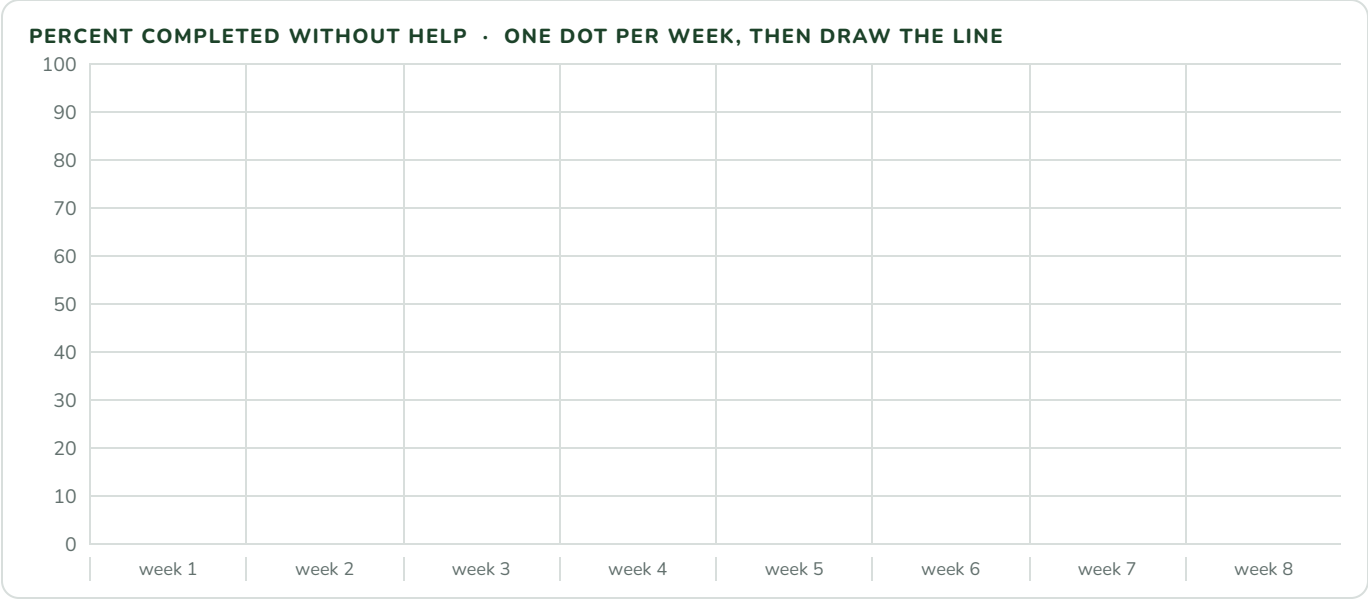
One row and one dot per week, from the log. Eight weeks across, 0 to 100 percent.

STUDENT

GOAL (YOUR DISTRICT'S OWN WORDING)

CRITERION (YOUR TEAM SETS IT)

#	WEEK OF	STEPS SHOWN	COMPLETED WITHOUT HELP	PERCENT	MOST-SHOWN STEP	NOTES
1						
2						
3						
4						
5						
6						
7						
8						



FIGURING THE PERCENT

Count the rows on the log (page 16) for the week: every row is one step shown, every Y is one completed without help. Completed without help divided by steps shown, times 100, rounded to the nearest whole number.

BRINGING THIS PAGE TO A MEETING

A rising line says the student is completing the step with less help; the criterion field above is where your team’s own number goes, so every dot is read against the same line.

Every number in the read-out is re-counted straight from the two tables above.

Maya is invented, and so is every mark on this page. One school day on the log, then three weeks on the roll-up, to show how the two pages read once real marks are on them.

The log, one day (page 16)

#	TIME	LOCATION	STEP SHOWN	COMPLETED?
1	9:15	Morning	Notice	Y
2	9:16	Morning	Breathe	Y
3	9:17	Morning	Strategy	N
4	9:18	Morning	Check in	Y
5	10:30	During-Work	Notice	Y
6	10:31	During-Work	Breathe	N

The roll-up, three weeks (page 17)

#	WEEK OF	STEPS SHOWN	COMPLETED WITHOUT HELP	PERCENT	MOST-SHOWN STEP
1	9/8	24	14	58%	Breathe
2	9/15	26	18	69%	Notice
3	9/22	25	20	80%	Check In

READING THE NUMBERS

The day above: 4 of 6 steps completed without help, 67 percent; the two N rows were at Notice during morning and Breathe during work. The weeks: 14 of 24 (58 percent), then 18 of 26 (69 percent), then 20 of 25 (80 percent) — a line rising week on week, which is what “needing less help over time” looks like on paper. Every percent is that row’s own completed-count divided by its steps-shown count.

A LINE THIS SHEET COULD WRITE

“With the calm-down strip in use, Maya completed a step without help on 20 of 25 shown the week of 9/22 (80 percent), up from 14 of 24 the week of 9/8. The step shown most often in that time was check in.”

HOW THE GRAPH WOULD LOOK

Three dots on the roll-up graph (page 17) at 58, 69 and 80, joined by a line that rises. The “location” column on the day above shows 2 different reminders used in one morning — the whole point of having the sequence posted in multiple places.

WHAT THIS EXAMPLE IS NOT

One invented child’s day and three weeks. It sets no typical rate, predicts nothing about a real student, and the criterion field would hold whatever Maya’s team wrote — not a number this file supplies.

NOTES

Family Page

Send home the week a strip is new. No percents — the roll-up has those. The four steps are a small home set, all from this file.

STUDENT (FIRST NAME)

WEEK OF

FROM (TEACHER)

FOUR STEPS FROM SCHOOL, AS A REFERENCE STRIP

The same four steps, in the same order, taped at school: Notice, Breathe, Strategy, Check In. Point to each one as it happens.



1. Notice



2. Breathe



3. Strategy



4. Check In

TWO STEPS THAT WORKED WELL AT SCHOOL THIS WEEK

WE TRIED IT AT HOME (INITIAL THE DAY)

#	MON	TUE	WED	THU	FRI	SAT	SUN
1							
2							

A STEP YOU WOULD LIKE ADDED (I CAN MAKE A BLANK ONE)

ANYTHING TO TELL ME BEFORE NEXT WEEK

QUESTIONS? BEST WAY TO REACH ME

SIGNATURE (FAMILY), IF YOUR SCHOOL ASKS FOR IT