

Name \_\_\_\_\_

Homeroom \_\_\_\_\_

### **My Reset Plan**

When I am upset, it looks like this:

- I am quiet
- I am loud
- I run away/hide
- I pretend everything is fine

It might also look like this:

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Some things that might upset me are:

- Loud classroom/hallways
- Not understanding the work
- Feeling tired/hungry/cold
- Having an argument with a friend

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When I am upset, it is NOT helpful to:

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When I am upset, it IS helpful to:

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Some things I can do to help myself feel better are:

- Choose a breathing exercise
- Take a walk
- Draw or write about it
- Put my head down and close my eyes

AND/OR:

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This is how feelings show up in my body (ex. Tight jaw, stomach ache, scrunched shoulders):

Anger:

Frustration:

Sadness:

Disappointment:

Joy:

Excitement:

This is how I like to be recognized: \_\_\_\_\_

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## **The Body Budget**

Consider how you build capacity in yourself—  
physical, emotional, and psychological?

These are DEPOSITS.

Now consider what diminishes your physical,  
emotional, and psychological capacity?

These are WITHDRAWALS\*

\*Remember that withdrawals are not necessarily  
“negative” or “bad for you.” They simply use energy.