

Calm Support Plan: Meltdowns vs. Tantrums

Utilize this worksheet to enhance emotional regulation. Collaborate with your care team or complete it together to develop a consistent and soothing response plan.



Common Meltdown Triggers:	
Signs My Child Is Becoming Overwhelmed:	
Calming Strategies That Help:	
Safe / Quiet Spaces:	
Comforting Words & Phrases:	

Remember: Meltdowns are not intentional. Safety and connection come first.