

Professional Education Services  
[professionals.childhood.org.au](http://professionals.childhood.org.au)

# Making Space for Learning

School Services Program

Calming Strategy Cards



## Mapping Behaviour- Week 2 Term 3

Week 2 (Term 3 2014)	Inappropriate sounds	Transition between play and class	Inappropriate talk and laughter	spacing	yelling	Throwing kicking objects	Swearing name calling	Not settling	Leaving class without notice	Not following instructions	Physical violence
Monday		XX		XX			XX			X	
Tuesday	XXXX	XXX	XXXXX	XXXX	X		X	XXX		XXXX	
Wednesday		XX	XX	XX	X	XX	XXXX	XXXX	XX	XXXX	X
Thursday		XX	X	XX			X	XX		X	
Friday	X	XX	XX	XX			X	XX		XX	
<b>Week 3</b>											
Monday	XX	XXX	XXX	XX	X		X	XXX		XXX	
Tuesday	X	XX	XX	XX	X	X		XX		XX	
Wednesday		XX	XX	XX			X	XX	X	XX	
Thursday		XX	X	XX		X		XX		XX	
Friday		XXX	X	X		X		X		X	

## Mapping Behaviour- Week 7 Term 2

Week 7 Term Two (2015)	Inappropriate sounds	Transition between play and class	Talking and laughing at listening times (Carpet Talk)	pacing	yelling	Throwin g kicking objects	Swearin g name calling	Not settling (Walking around class during Learning Time)	Leav ing class with out noti ce	Not following instruc tion s	Physical violence
Monday											
Tuesday											
Wednesda y											
Thursday											
Friday											
Week 4											
Monday		X						X			
Tuesday											
Wednesda y											
Thursday								X			
Friday											



**Think**

**happy**

**thoughts!**

# Count to 10



# Squeeze a stress ball



Play with blue tack

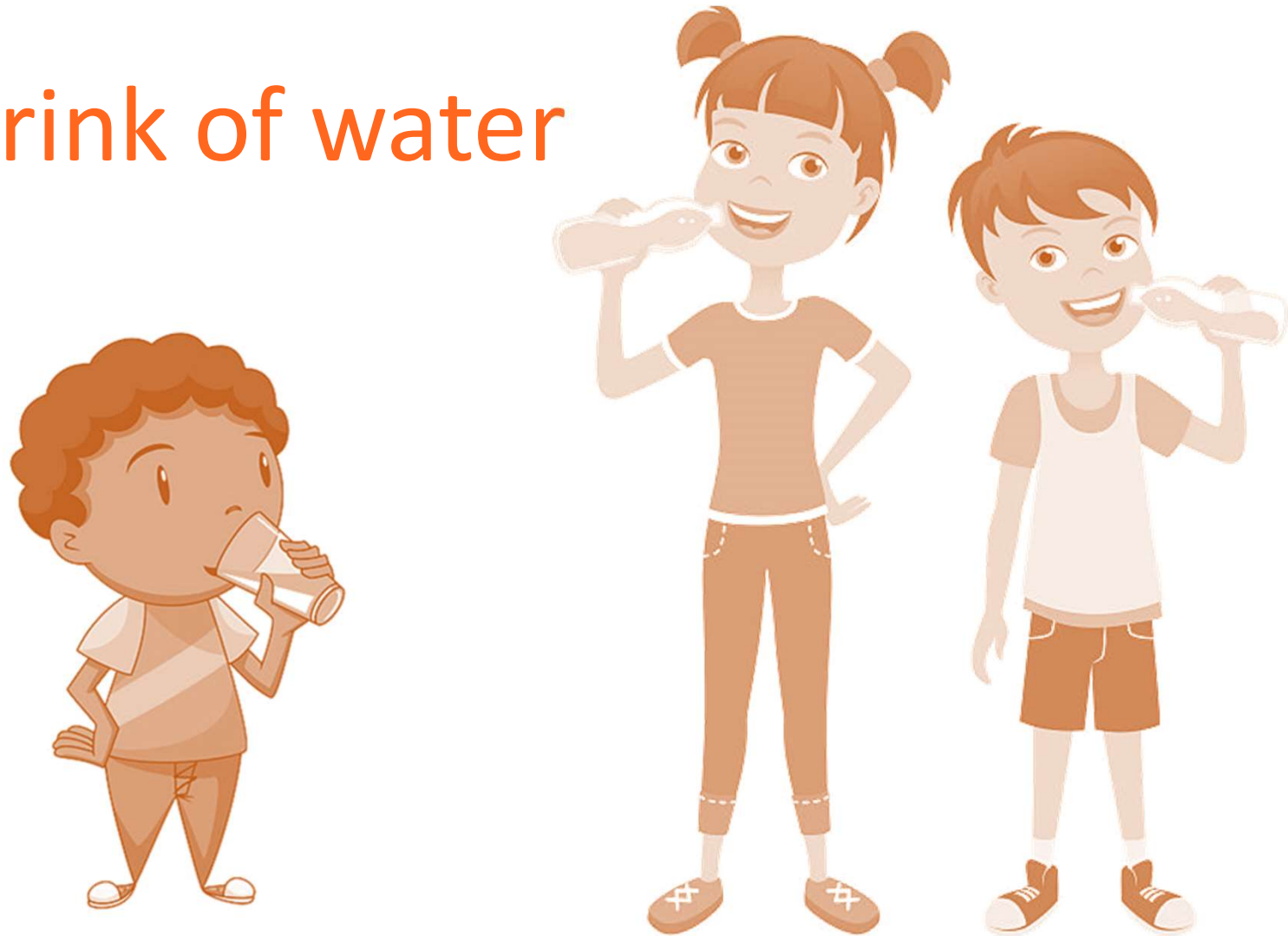


# Do some exercises





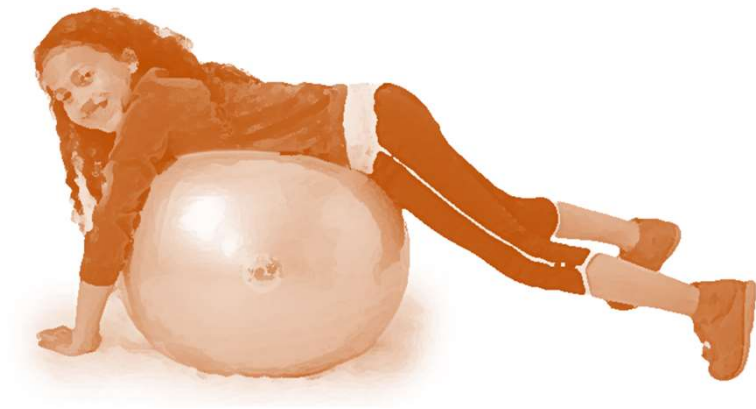
# Get a drink of water



# Read a book



# Rock gently on a ball



# Relax on pillows or a beanbag



# Listen to music



# Do yoga



# Play quietly



# Write in your journal

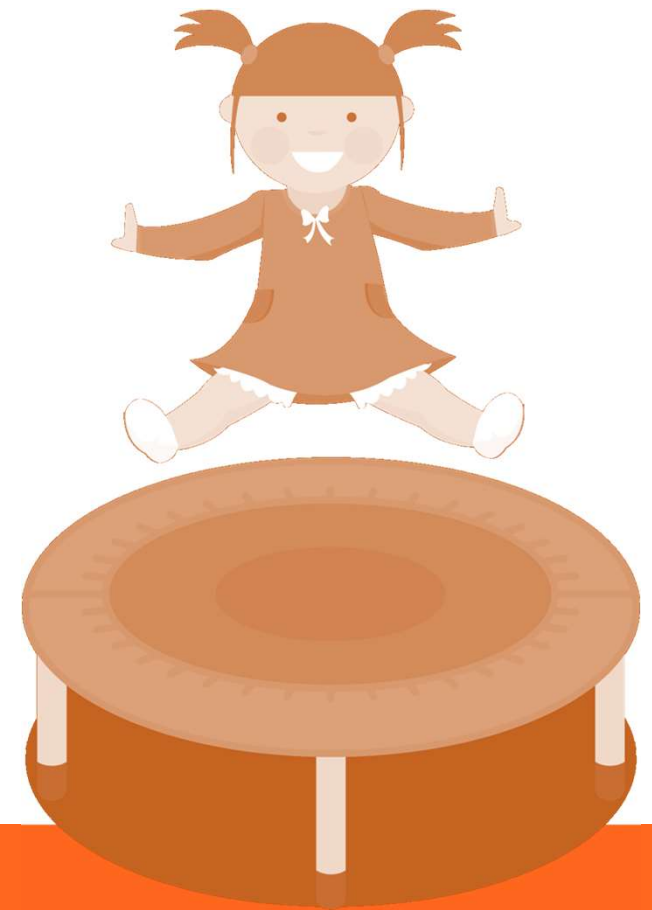




# Give yourself a hug



# Jump on a mini trampoline



# Use the swing



# Draw a picture



# Balance on a stool



# Go to a quiet area

