CALM DOWN TOOL BOX CONTENT

Items for auditory support

- Noise-canceling headphones
- Music player (Mp3Player or phone)

Items for squeezing & keeping hands busy

- Stress balls
- Playdough
- Scarves
- Paper tissue

Items for breathing and calming down

- Buttle of bubbles
- Pinwheel

Items for oral sensory support

- Chew toy or necklace
- Chewing gum & candy or lollipop

Items for brain break

- A puzzle, notebook or coloring book

Calm down visual activity board

- Visual booklet or cards for reminding the steps to calm down

Calming Down Acts



Ask for Help



Take Deep Breath



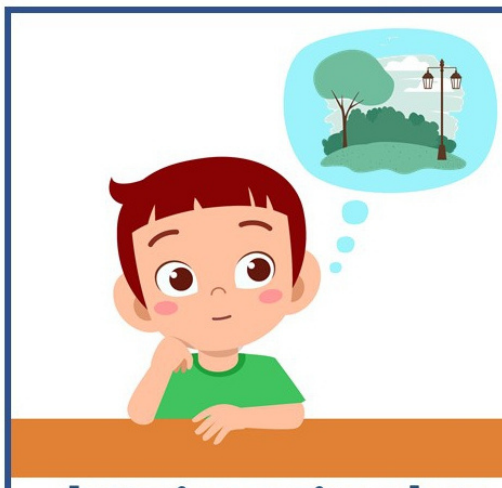
Drink Water



Count to 10



Think about Good Things



Imagine a nice place



Read a Book



Take a Break



Listen to Music



Go for a Walk



Write about Your Feelings

Calm Down Tools



Drink Water



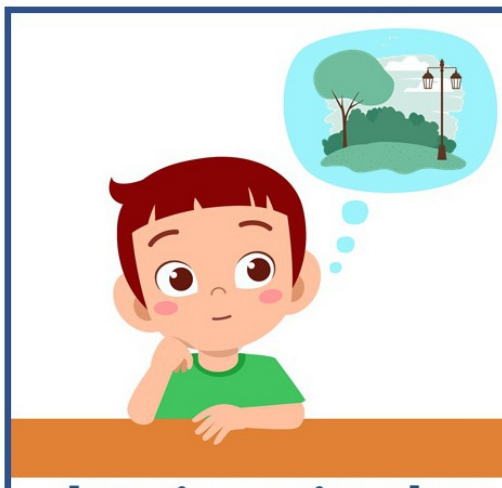
Write about Your Feelings



Count to 10



Think about Good Things



Imagine a nice place



Read a Book



Take a Break



Listen to Music



Ask for Help



Take Deep Breath



Go for a Walk

Green Zone

I am doing good!

I feel:

Excited, Happy, Calm, Okay



I Can:

Play, Learn, Talk, Listen,
Do my tasks

Blue Zone

I am going slow

I feel:

Sad, Depressed, Bored, Tired



I Can:

Rest, Take a break, Talk to an adult, Listen to a music

Yellow Zone

I am in danger

I feel:

Nervous, Anxious



I can:

Think positive, Talk to an adult,
Listen to a music, Take a break

Red Zone

I need to stop

I feel:

Angry, Frustrated

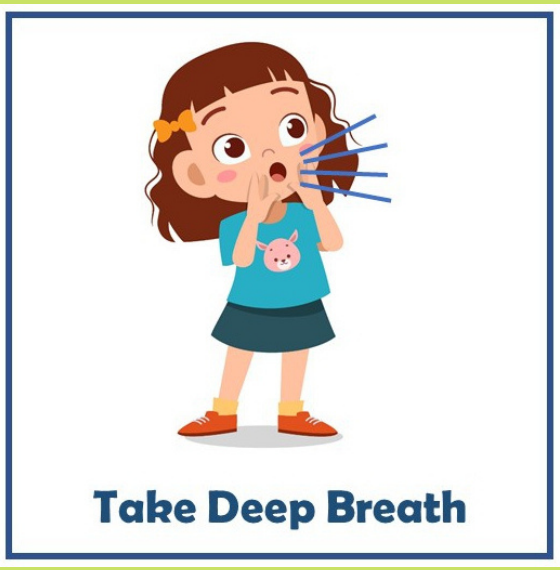


I Can:

Take deep breath, Count to 10,
Take a break

When I Am Angry

Good Choices





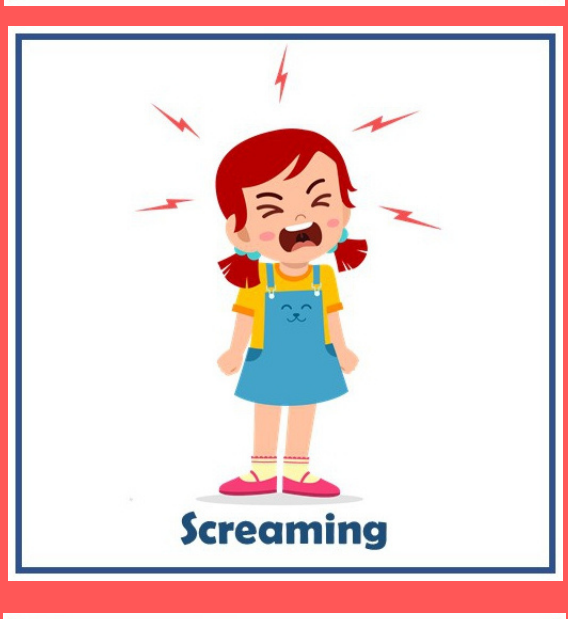


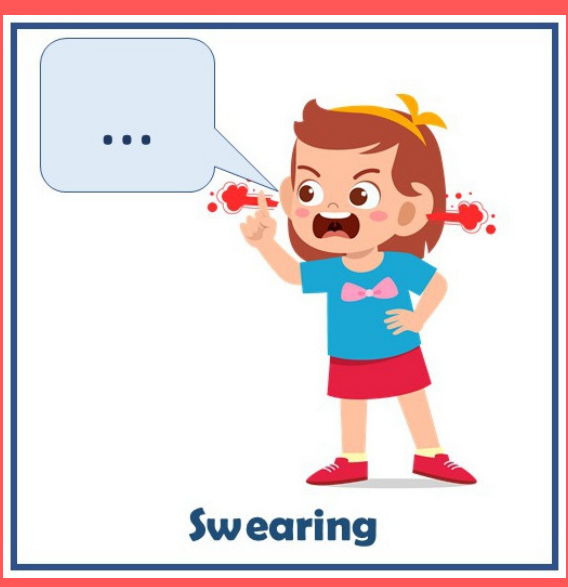


Bad Choices









Big Problem or Small Problem

You stayed up very late and watched a movie. Now you are very tired.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

Your friend has a very cool new toy, but your parents won't buy you one.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

It is raining so you cannot go to the playground.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

Your friend is saying mean things to you that make you upset.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

Big Problem or Small Problem

You fall and you cut your leg. It is hurting badly.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

You want to go to your friend's home to play, but your parents don't allow you.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

Your teacher gives you a task. But you don't know how to do it. You feel very confused.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

Your friends are playing a new game. It looks fun but you don't know the rules.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

Big Problem or Small Problem

You missed your bus and now you don't know how to go home.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

Your phone is lost and you cannot find it.

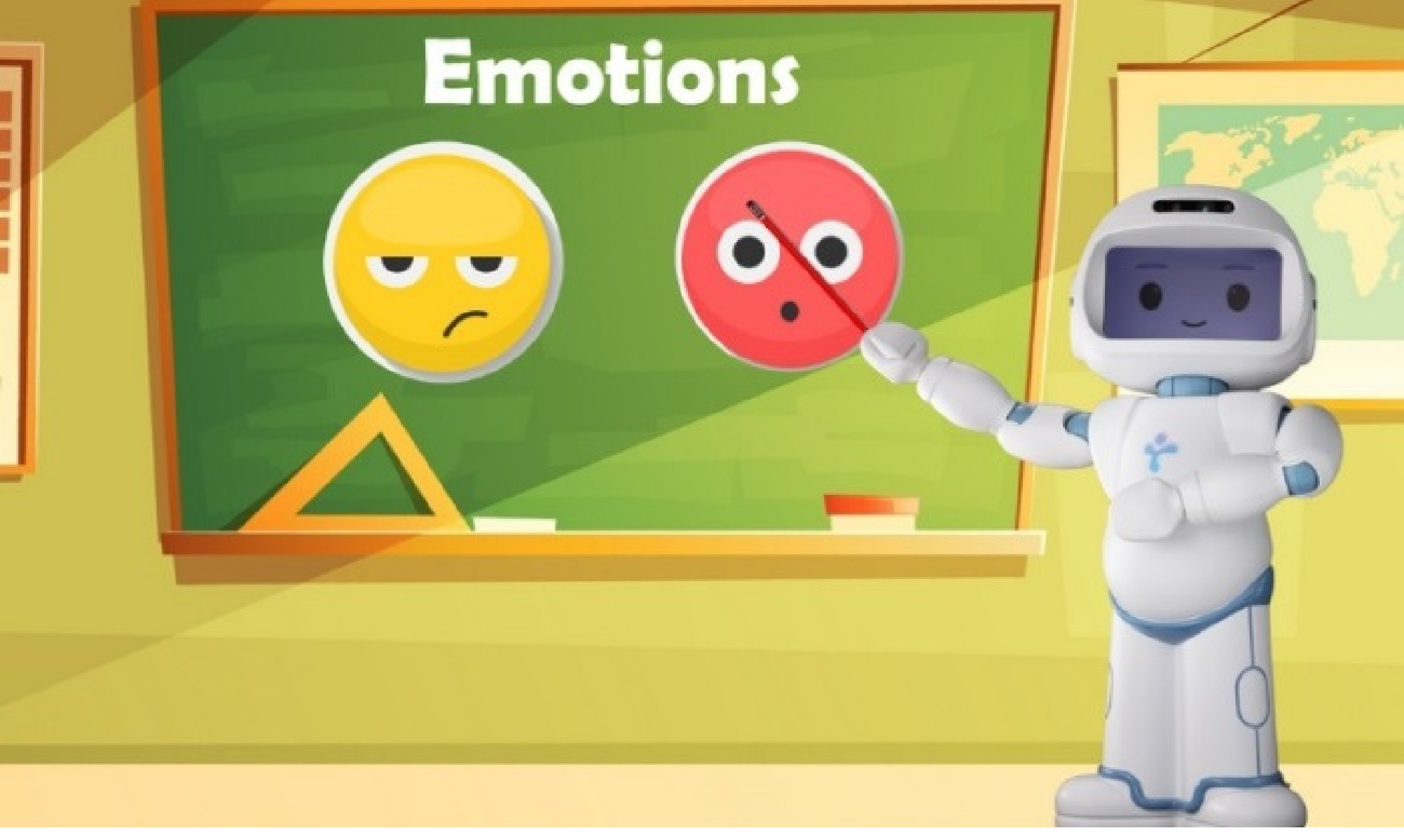
- ○ Small problem
- ○ Medium problem
- ○ Big problem

You fall down in front of your friends and you feel very embarrassed.

- ○ Small problem
- ○ Medium problem
- ○ Big problem

You mom promised to cook your favorite dinner but she cooked something else.

- ○ Small problem
- ○ Medium problem
- ○ Big problem



QTROBOT

Emotional Ability Training Curriculum

QTrobot curriculum for teaching emotions is organized around six main topics of emotional abilities, each broken down into several units. In each unit, QTrobot practices a new skill over a variety of stimuli and provides the learner with multiple trials to support skill mastery. The skills are then repeated in later units to support the maintenance of the learnt skills.
In addition, QTrobot also actively involves the trainer in the sessions to facilitate the generalization of the skills and support the development of social interaction between the child and the trainer.

The topics covered by this curriculum are:

1 – Emotion imitation
2 – Emotion recognition
3 – Emotion generation
4 – Naming emotions
5 – Emotion understanding
6 – Emotion regulation

Who Can Benefit from Our Emotional Ability Training Curriculum?

The curriculum is not limited to a specific age group and can be used for the learners in the pre-school, primary or secondary school age as long as they meet the prerequisites of each module and they haven't yet developed the learning objectives of the module. It can be used in special need education settings, as well as in mainstream schools to boost learner's emotional abilities and help them to be more comfortable with interaction with peers and other people around them.

To learn more about QTrobot for autism and to download the outline of the emotional ability training curriculum, check out www.luxai.com

LuxAI