



Family Calm-Down Plan

A shared plan for cooling things down before they boil over.

Every family hits moments of high emotion. The goal isn't to never get upset — it's to have an agreed plan so that when feelings run hot, everyone knows how to pause, cool down, and come back to talk. Making this together during a calm moment works far better than improvising mid-conflict. And calm is contagious: when one person settles, it helps the whole room settle.

Make the plan together

Our early warning signs that things are heating up

Our agreed pause signal — a word or gesture anyone can use

Calm-down options each of us can use, and where our calm space is

How and when we'll come back to talk it through