I Stayed Calm

Think back to the most recent time you were corrected by a parent, and fill out this form. Use it any time you get corrected to track how you are doing learning the skill of staying calm when you get in trouble. (And, remember, you are helping train your parents how to stay calm when you get in trouble!)

My Mistake:	Adult who corrected me	I stayed calm
		☐ I stayed calm! *(So I wouldn't get in MORE trouble.)* ☐ I admitted my mistakes *(because I'm a mature, responsible person!)* ☐ I took a deep, calming breath *(it works!)* ☐ I apologized *(because it's the right thing to do!)* ☐ I took my consequences without complaining *(and that's hard to do!)* ☐ My parent was calm! *(Whew!)*
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