

# My Relaxation Plan

Step 1:

To think about:

Do I need to go somewhere else?

Step 2:

Do I need to talk to someone?

Step 3:

Do I need to listen to soothing and calming sounds?

Step 4:

Did I take a few deep breaths to calm down?

Do I need to cover my ears?

[www.plantlovegrow.com](http://www.plantlovegrow.com)