My CALM plan

This is so you can feel ready to go, know what to expect, and feel confident and comfortable!

Name:

Date:

Procedure:



kills I have learnt

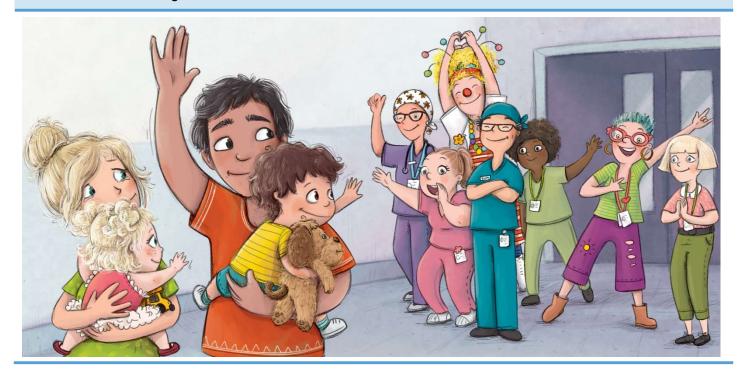




MEMORY

The people that care for me will help me to remember all the great things I did today.

Afterwards I am looking forward to



Did your plan work? If you would like to try something different next time, simply ask us for a new plan.



