

Commitment Sheet

Date: _____

My commitment: Today I am going to:

My job is:

I did my job. 😊

I will do better tomorrow.

I have used kind words with others.

I have used gentle touches with others.

I used my big voice to help others know how to treat me.

I remembered to use breathing exercises to keep myself calm.

_____ S.T.A.R. _____ Drain
_____ Pretzel _____ Balloon

