



**Family Enhancement, LLC**  
**Helping Families Function**  
**Keep Kids at Home**  
**In School and In the Community**

In Home Therapy / Needs Assessments  
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**SAMPLE SOOTHING PLAN**

1. Things that upset me

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2. How people can tell I'm upset

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3. When I'm having a challenging time controlling my feelings please don't do this.

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4. Please do this

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5. Things I can do that help me calm down

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