

A December Calm Plan

A worksheet for ND families to create clarity, comfort, and calmer rhythms.

My Family's Top 3 Priorities This December
(What truly matters? What do we want to protect?)

What We're Saying "No" To This Month
(Plans, pressures, expectations, sensory overload, unnecessary tasks.)

Our Sensory-Safe Plan

What helps us stay regulated?

Helpful tools (fidgets, headphones, snacks):

Clothing / comfort items allowed anytime:

Where we can retreat to during gatherings:



Predictability & Planning

How we reduce overwhelm by making things clear.
This month, we will:

Use a weekly visual schedule
Mark high-demand days
Build rest days after busy events
Prepare scripts for social moments

Co-Regulation Menu

What helps our family settle when things get too big?

Calming activities:

Sensory resets:

Comfort phrases we can:



“Bare Minimum December” Essentials

When everything feels too much, we return to this.
Our bare-minimum plan =



Notes for Myself (Caregiver Edition)

What I need to stay regulated:

