

The Meltdown Journal

An additional tool to The Safe Space Series
Understanding instead of suppressing

The Meltdown Journal

An additional tool to The Safe Space Series

Understanding instead of suppressing



Date: _____ Time: _____

1. What was happening before the meltdown?

(Describe where, what was going on, or who was there)

2. What sense might have been triggered?

(Check any that apply. You can choose more than one.)

☐ Sound – loud noises, too many voices, sudden sounds

☐ Sight – bright lights, fast movement, busy places

☐ Smell – strong scents, unexpected odors, food smells

☐ Taste – strange flavors, textures, or temperature

☐ Touch – itchy clothing, being bumped, textures

☐ Internal – hunger, tiredness, pain, overwhelmed feelings

3. What did the meltdown look like?

(Write what happened or choose behaviors)

☐ Crying ☐ Shutting down ☐ Yelling

☐ Hiding ☐ Running away ☐ Other: _____

4. What emotions were involved?

(Write or circle any that fit)

Angry Sad Anxious Frustrated Frozen Tired Other: _____

5. What helped afterward?

(Check or write what made things better)

☐ Calming item ☐ Quiet space

☐ Support from someone ☐ Deep breathing

☐ Time alone ☐ Other: _____

6. What could help next time?

(List or pick something to try in the future)

☐ Calming tool ☐ Warning ahead of time

☐ Headphones ☐ Breaks

☐ Other: _____

Date: _____ Time: _____

1. What was happening before the meltdown?

(Describe where, what was going on, or who was there)

2. What sense might have been triggered?

(Check any that apply. You can choose more than one.)

☐ Sound – loud noises, too many voices, sudden sounds

☐ Sight – bright lights, fast movement, busy places

☐ Smell – strong scents, unexpected odors, food smells

☐ Taste – strange flavors, textures, or temperature

☐ Touch – itchy clothing, being bumped, textures

☐ Internal – hunger, tiredness, pain, overwhelmed feelings

3. What did the meltdown look like?

(Write what happened or choose behaviors)

☐ Crying ☐ Shutting down ☐ Yelling

☐ Hiding ☐ Running away ☐ Other: _____

4. What emotions were involved?

(Write or circle any that fit)

Angry Sad Anxious Frustrated Frozen Tired Other: _____

5. What helped afterward?

(Check or write what made things better)

☐ Calming item ☐ Quiet space

☐ Support from someone ☐ Deep breathing

☐ Time alone ☐ Other: _____

6. What could help next time?

(List or pick something to try in the future)

☐ Calming tool ☐ Warning ahead of time

☐ Headphones ☐ Breaks

☐ Other: _____

Date: _____ Time: _____

1. What was happening before the meltdown?

(Describe where, what was going on, or who was there)

2. What sense might have been triggered?

(Check any that apply. You can choose more than one.)

☐ Sound – loud noises, too many voices, sudden sounds

☐ Sight – bright lights, fast movement, busy places

☐ Smell – strong scents, unexpected odors, food smells

☐ Taste – strange flavors, textures, or temperature

☐ Touch – itchy clothing, being bumped, textures

☐ Internal – hunger, tiredness, pain, overwhelmed feelings

3. What did the meltdown look like?

(Write what happened or choose behaviors)

☐ Crying ☐ Shutting down ☐ Yelling

☐ Hiding ☐ Running away ☐ Other: _____

4. What emotions were involved?

(Write or circle any that fit)

Angry Sad Anxious Frustrated Frozen Tired Other: _____

5. What helped afterward?

(Check or write what made things better)

☐ Calming item ☐ Quiet space

☐ Support from someone ☐ Deep breathing

☐ Time alone ☐ Other: _____

6. What could help next time?

(List or pick something to try in the future)

☐ Calming tool ☐ Warning ahead of time

☐ Headphones ☐ Breaks

☐ Other: _____

Date: _____ Time: _____

1. What was happening before the meltdown?

(Describe where, what was going on, or who was there)

2. What sense might have been triggered?

(Check any that apply. You can choose more than one.)

☐ Sound – loud noises, too many voices, sudden sounds

☐ Sight – bright lights, fast movement, busy places

☐ Smell – strong scents, unexpected odors, food smells

☐ Taste – strange flavors, textures, or temperature

☐ Touch – itchy clothing, being bumped, textures

☐ Internal – hunger, tiredness, pain, overwhelmed feelings

3. What did the meltdown look like?

(Write what happened or choose behaviors)

☐ Crying ☐ Shutting down ☐ Yelling

☐ Hiding ☐ Running away ☐ Other: _____

4. What emotions were involved?

(Write or circle any that fit)

Angry Sad Anxious Frustrated Frozen Tired Other: _____

5. What helped afterward?

(Check or write what made things better)

☐ Calming item ☐ Quiet space

☐ Support from someone ☐ Deep breathing

☐ Time alone ☐ Other: _____

6. What could help next time?

(List or pick something to try in the future)

☐ Calming tool ☐ Warning ahead of time

☐ Headphones ☐ Breaks

☐ Other: _____

Date: _____ Time: _____

1. What was happening before the meltdown?

(Describe where, what was going on, or who was there)

2. What sense might have been triggered?

(Check any that apply. You can choose more than one.)

- ☐ Sound – loud noises, too many voices, sudden sounds
- ☐ Sight – bright lights, fast movement, busy places
- ☐ Smell – strong scents, unexpected odors, food smells
- ☐ Taste – strange flavors, textures, or temperature
- ☐ Touch – itchy clothing, being bumped, textures
- ☐ Internal – hunger, tiredness, pain, overwhelmed feelings

3. What did the meltdown look like?

(Write what happened or choose behaviors)

- ☐ Crying ☐ Shutting down ☐ Yelling
- ☐ Hiding ☐ Running away ☐ Other: _____

4. What emotions were involved?

(Write or circle any that fit)

Angry Sad Anxious Frustrated Frozen Tired Other: _____

5. What helped afterward?

(Check or write what made things better)

- ☐ Calming item ☐ Quiet space
- ☐ Support from someone ☐ Deep breathing
- ☐ Time alone ☐ Other: _____

6. What could help next time?

(List or pick something to try in the future)

- ☐ Calming tool ☐ Warning ahead of time
- ☐ Headphones ☐ Breaks
- ☐ Other: _____

My Support People

(Write the names or initials of people who help you feel safe)

My Favorite Calming Tools

(List things that help you calm down when you're upset)

Victories Page

(Set a small goal and come back to reflect when you achieve it)

Goal:

What I did to work toward it:

Did I reach it? What happened?

How did it feel to make progress?

Thank you for using The Meltdown Journal.

This journal is designed to help you and your child grow closer through understanding—not correction. Use it daily, weekly, or whenever big emotions come up. Print as many pages as you need and revisit anytime.

You've got this.

— Alex Lesage