

What meltdowns really are

Bright Steps · I Do / We Do / You Do worksheet

This week, just NOTICE

For 7 days, log every big moment. Don't try to change anything yet — just watch.

Tantrum or meltdown?

Tantrum = wants something. Meltdown = brain is full. Mark each one in the tracker.

Your one-line script

"Their brain is full. My job is to be the calm one." Say it out loud.

Track it this week

Day	Time	Tantrum or meltdown?	How big (1–5)	What I tried

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