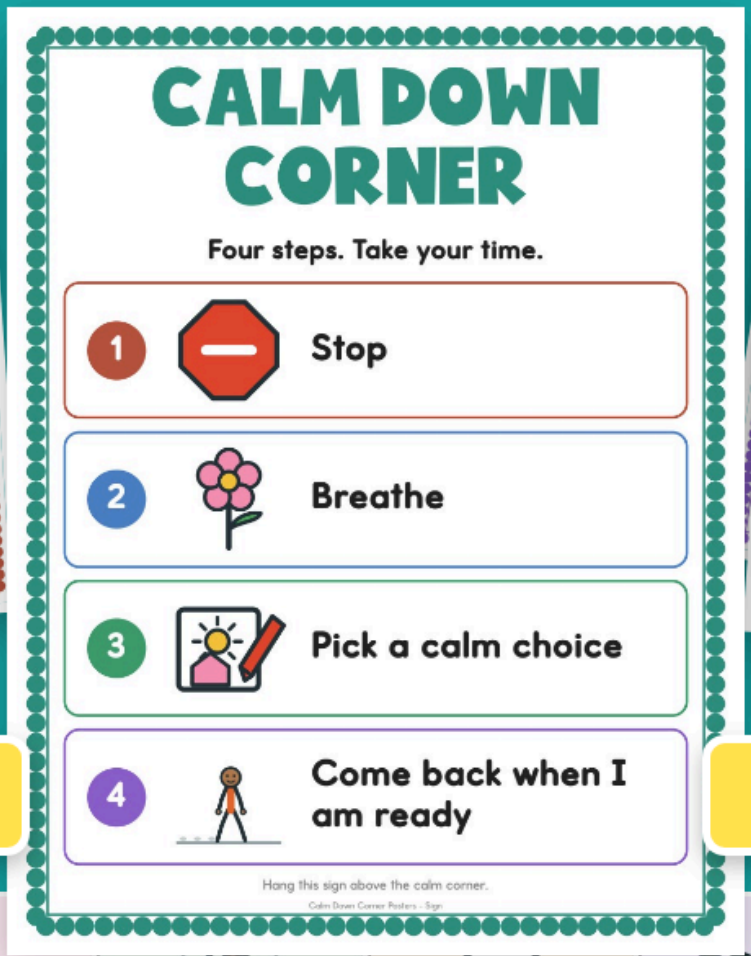
CALM DOWN CORNER POSTERS

Calming Strategies | Breathing Cards | Choice Board







16 POSTERS

18 CARDS



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Turn off fit to page and shrink to fit so the cut pieces keep their size. Every page is readable in black and white, and the cut pages come in a color set and an ink-saver set. Posters look best on cardstock; cards children cut are fine on copy paper.

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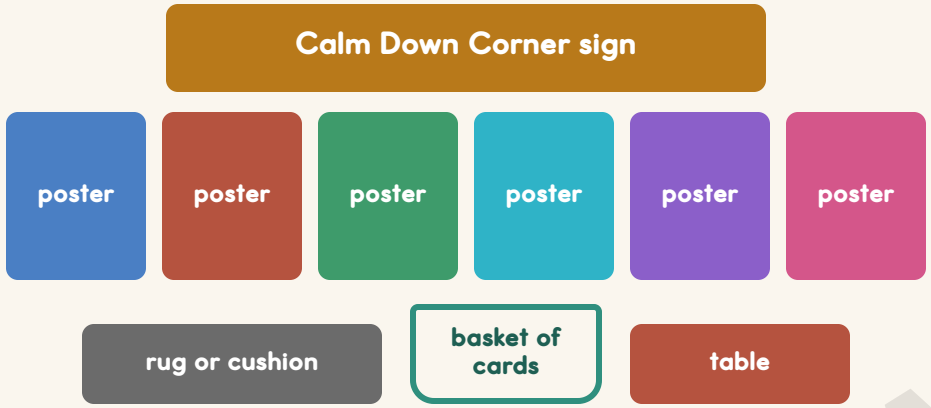
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PREVIEW

How to Set Up the Corner

One way to build it. Your room, your spot, your choices.



Five steps

- **Pick a spot.** A quiet corner you can see from where you teach, away from the busiest door.
- **Put up the wall.** Hang the sign (page 6) and four to six posters at children's eye level.
- **Fill the basket.** Add the breathing cards and choice cards (pages 23 to 27).
- **Add real things.** A soft toy, a stress ball, headphones, paper and crayons, a book, a cup. Only what your school allows.
- **Practice together.** Try each strategy as a class before anyone needs it.

Our corner rules (your school's own words)

How many children at once

How a child asks to go

How a child comes back

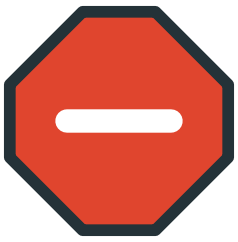
What is in our basket (write your own)

PREVIEW

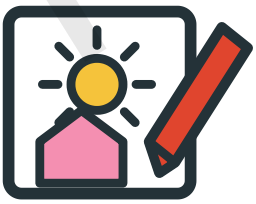
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CALM DOWN CORNER

Four steps. Take your time.

1  Stop

2  Breathe

3  Pick a calm choice

4  Come back when I am ready

Hang this sign above the calm corner.

PREVIEW

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SQUEEZE A STRESS BALL

Squeeze tight. Let go slowly.



PREVIEW

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DRINK SOME WATER

Take small sips. Sip, sip, sip.

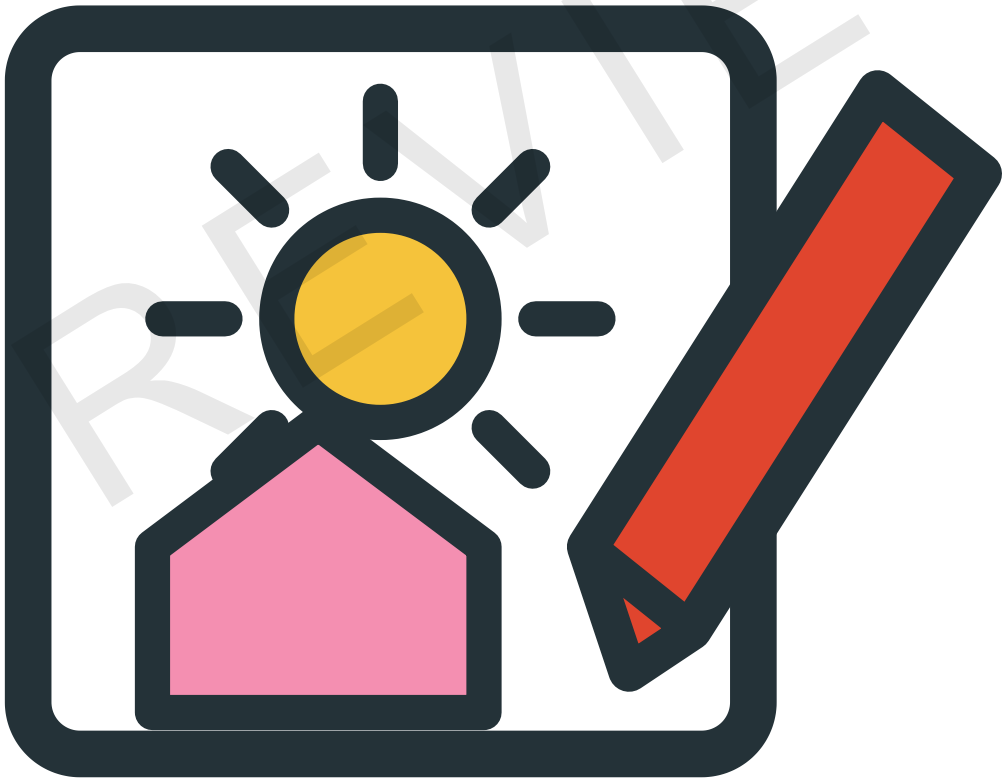


PREVIEW

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DRAW A PICTURE

Draw anything you like.



PREVIEW

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ASK FOR SPACE

Say: I need some space, please.



PREVIEW

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HUG A SOFT TOY

Hold it close. Rest a minute.



PREVIEW

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JUMP IT OUT

Jump up and down ten times.

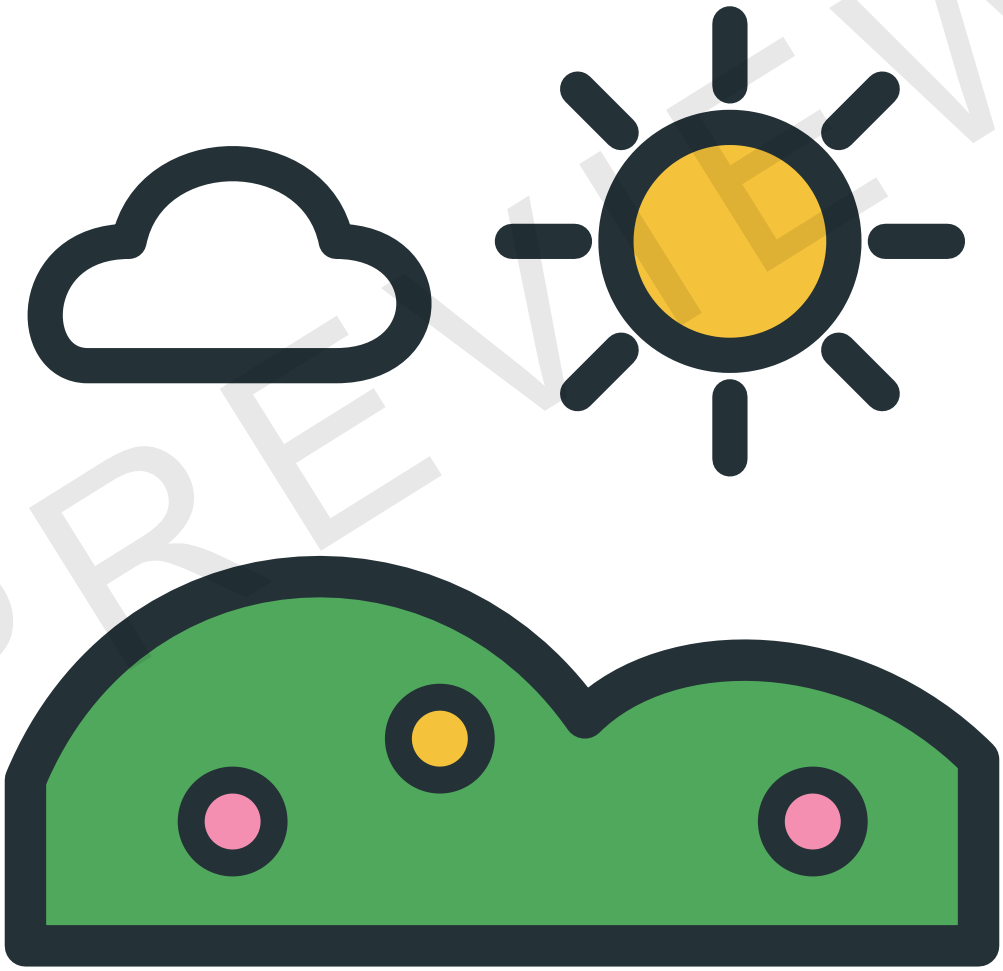


PREVIEW

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THINK OF A HAPPY PLACE

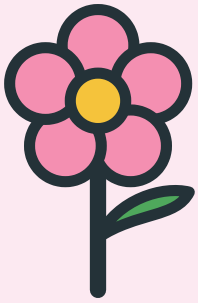
Close your eyes. Picture it.



PREVIEW

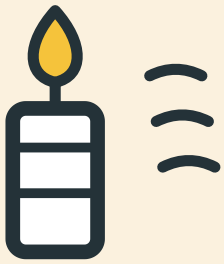
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Cut the cards. Pick one. Breathe with it.



Smell the Flower

Breathe in slowly through your nose.
Breathe out slowly.



Blow the Candle

Breathe in. Blow out slowly, like a candle.



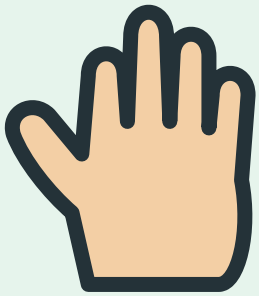
Blow a Bubble

Breathe in. Blow one big bubble.



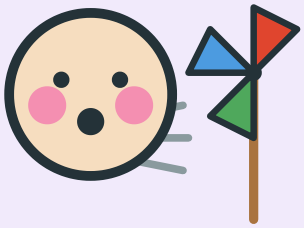
Fill the Balloon

Breathe in. Fill the balloon slowly.



Trace Your Hand

Trace up a finger and breathe in. Trace down and breathe out.



Spin the Pinwheel

Breathe in. Blow the pinwheel slowly.

PREVIEW

Preview - Bright Path Sped

My name _____

Glue four calm choices here.

MY CALM CHOICES

1

2

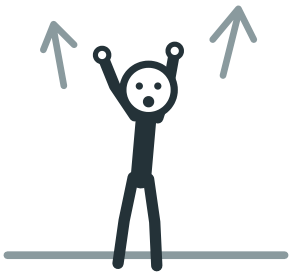
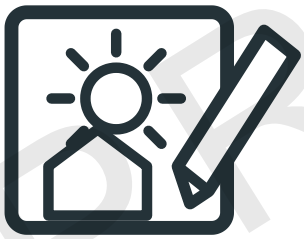
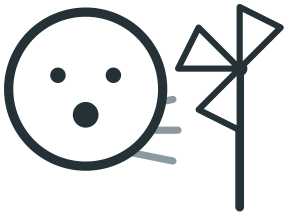
3

4

PREVIEW

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Cut the cards. Pick four calm choices.

 Five Breaths	 Stress Ball	 Stretch
 Drink Water	 Count to Ten	 Quiet Music
 Draw	 Ask for a Hug	 Pinwheel
 Soft Toy	 Read a Book	 Jump It Out

PREVIEW

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My name _____

Circle how your body feels.



Happy | Calm | Worried | Mad | Sad

My body feels

I will try

Try it. Draw how you feel now.

PREVIEW

Weekly Tally: Which Calm Choices?

After a week, count the visits from the log. Which choices do children pick?

Class _____ Teacher _____ Week of _____

Calm choice	Mon	Tue	Wed	Thu	Fri	Total
Take Five Breaths						
Squeeze a Stress Ball						
Stretch Up High						
Drink Some Water						
Count to Ten						
Listen to Quiet Music						
Draw a Picture						
Ask for a Hug						
Ask for Space						
Blow a Pinwheel						
Hug a Soft Toy						
Read a Book						
Jump It Out						
Do a Puzzle						
Think of a Happy Place						
Wash Your Hands						
All visits						

Most picked

_____

A choice to teach next

_____

PREVIEW

A Letter to Families

One page to send home when you open the calm corner.

Date _____ Class _____ Teacher _____

Dear families,

Our room now has a calm down corner. It is a place any child can choose to go when they want to feel calmer. We practice the calm choices together, when everyone is feeling good. Here are some we use:

- Take Five Breaths
- Stretch Up High
- Draw a Picture
- Count to Ten

This week we are practicing

_____

_____

You can try this at home

Pick one calm choice with your child. Try it together when you are both calm, so it is easy to find later.

_____

_____

A note from me (your words)

_____

_____

_____

Thank you, (teacher) _____ Family signature, if your school asks for one _____

PREVIEW

Phrase Bank

Fill each blank with what you really saw.

Inviting a child to the corner

- "I see ____ (what you saw). Would you like to use the calm corner?"
- "You can pick a calm choice. Which one will you try?"
- "Take the card you want and bring it with you."
- "Come back when you are ready. I will be here."

While a child is there

- "Try one more ____ (breath, stretch, squeeze)."
- "What helps your body feel better? Show me on the poster."
- "Take your time. You are doing a calm choice."
- "Do you want to try a different choice?"

When a child comes back

- "You picked ____ (strategy). How does your body feel now?"
- "What would you pick next time?"
- "Thank you for taking care of yourself."
- "Let's get back to ____ (the activity) together."

Sentence starters for children

- My body feels ____.
- I need ____ (a break, a hug, some space, quiet).
- I will try ____ (a calm choice).
- After, I feel ____.

For the note home

- This week we practiced the calm choice ____ (strategy).
- Your child likes ____ (a favorite choice).
- At home you can try ____ together (breathing, stretching, drawing).
- Thank you for ____ (what the family did to help).

PREVIEW