

This resource will help you



create a calm corner in your classroom or office that is **customized** to what you need.



give students a space to independently **practice calming strategies**.



teach students **how to calm down** and refocus step by step.



implement social emotional learning practices on a daily basis.

4 Key Visuals



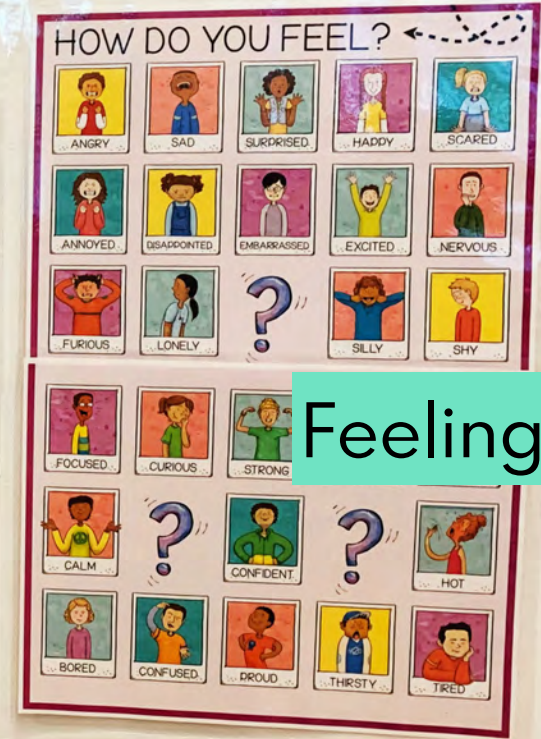
Sign



Calming Strategies



Calming Steps



Feelings

Customizable

Pick and choose the visuals that are right for your space.

ALSO IN BLACK AND WHITE



POSTER



PORTRAIT

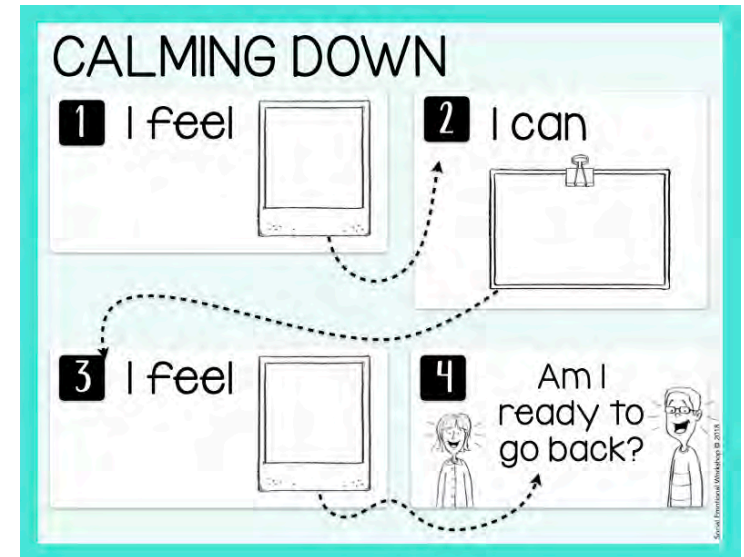


LANDSCAPE

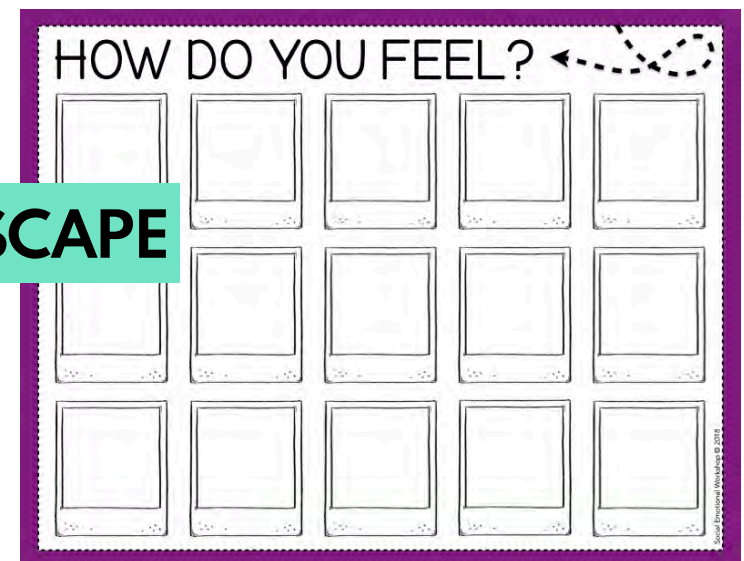
Customizable

Pick and choose the visuals that are right for your space.

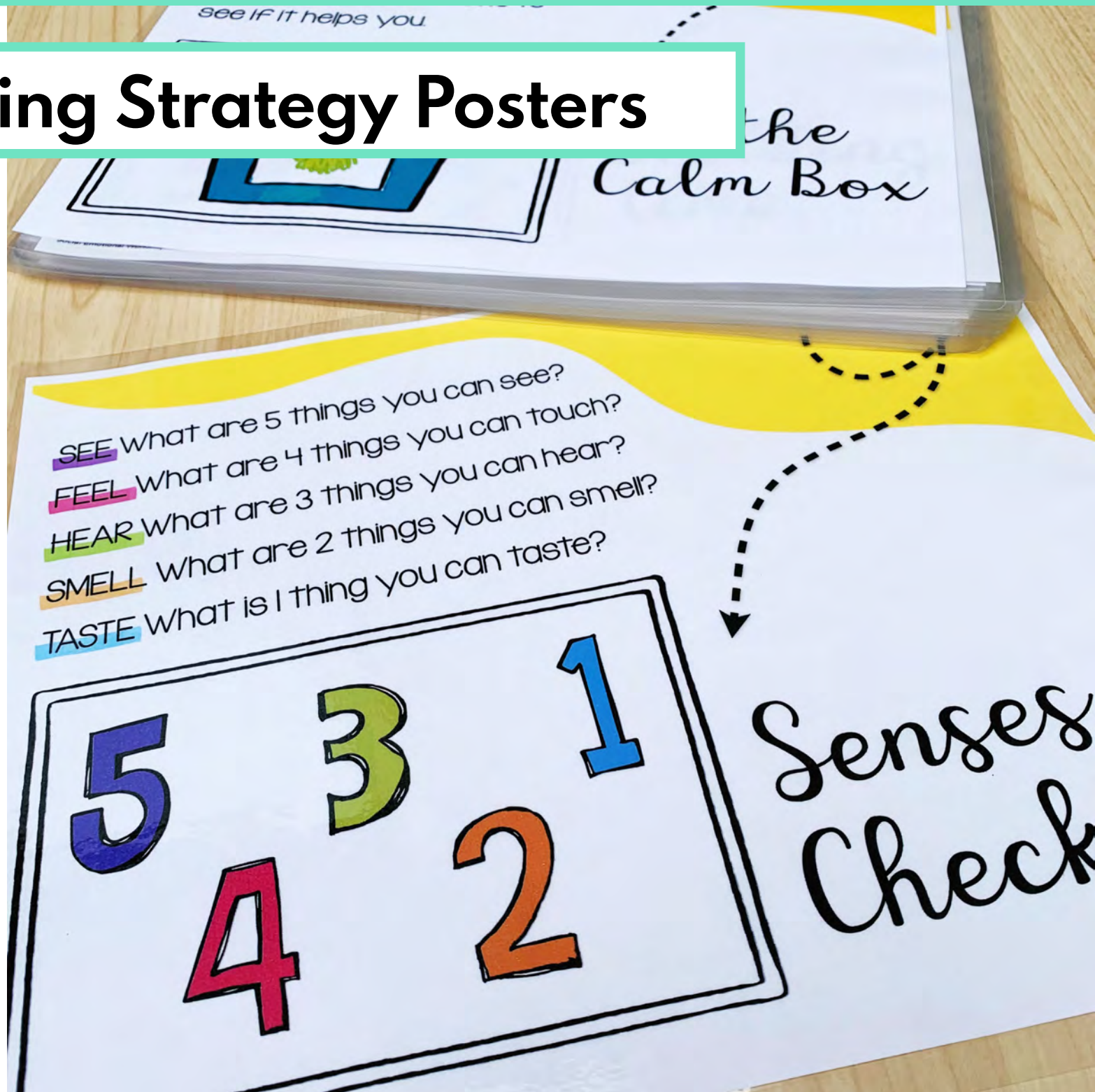
ADD VELCRO AND MAKE THE SIGNS INTERACTIVE



LANDSCAPE



29 Calming Strategy Posters



Calming Strategy Cards



**GET THE YOGA
POSES WHEN
YOU BUY THE
BUNDLE**

Pick The Name for Your Space

CALM
DOWN
Spot

SAFE
spot

BREAK
spot

TAKE A
BREAK
spot

CHILL
Zone

CALMING
Corner

ZEN
Zone

COOL
DOWN
Corner

COZY
Cubes

CALM
DOWN
Zone

QUIET
Corner

REGULATION
Station

CALM
Corner

CALM
DOWN
Corner

COZY
Corner

COOL
DOWN
Zone

Tips to Teach Calm Corner Procedures

Teaching Calm Corner Procedures

Key Points

- How to go to the calm corner quickly and calmly.
- What to do in the calm corner.
- How to use different calming strategies.
- How to know when you are ready to return.
- How to rejoin the group.
- Leaving others in the alone when they are in the calm corner.

Going to the Break Spot

1. Model how students go to the calm corner **calmly and quickly**. This is an important step since many students will make noise or delay going over.
2. Explain to students why **calmly and quickly** is so important for them, their classmates, and the classroom community.
3. Have students practice how to go to the calm corner **calmly and quickly**.

How to Use the Break Spot

1. Review the **four steps** that are provided on the Calming Down poster.
2. Practice identifying **feelings**. Some students may need some practice with this step. You can limit the number of feelings to ones that are known and simpler.
3. Explain that to get back to calm or ready to learn, it is helpful to use a calming strategy. Model a **calming strategy** that you think would be simple for your students.
4. Explain that next, you check in on **how you are feeling** again. If you feel calm and ready to learn, you are ready to return to the group. If not, then it is okay to try another strategy. You can try the same one or try a new one.
5. It is important to explain that it is okay to use strategies and check to see how you are feeling multiple times. Each time, the strategy should be helping you feel closer to calm.

Using Calming Strategies

1. Calming strategies may be a new concept to students. It is helpful to review why they are helpful. Calming strategies help us get back to calm or ready to learn.
2. Choose three calming strategies and model them for students.
3. Have them practice using one or more of the strategies.
4. Students can answer these questions to see if a strategy is for them: Was this helpful? Do I feel calmer? Do my feelings feel more manageable? When could I use this?

Teaching Calm Corner Procedures

Are You Ready to Return?

1. This is the **last step of the four step process**. It is important for the students to be able to determine if they are ready to be back in the group
2. You can use a **scale or emotional thermometer** for this. You can also use some observable signs, such as a calm body and a calm voice.
3. As much as possible, you want the student to **take ownership** of deciding when to return, given boundaries.

Rejoining the Group

1. Just as the students practice leaving the group, **model and practice returning**.
2. **Calmly and quickly** should be emphasized.
3. In addition, you may want to **set up procedures or tasks** for students to do when they reenter. Simple tasks that are not frustrating are ideal.

Everyone Else

1. An important part of a calm corner in a classroom is that others students know what to do when a student is using the space. Often, the student using the space is having a challenging time. They might not always be calm and quiet. Negative, disruptive behaviors can be made worse by peer attention.
2. Teach students what to do when another student is using the calm corner: Keep working, give the person space, don't stare or bother the student. The calm corner is a quiet, safe place where the person can be focused on getting calm.

Important Note

It is important to consider how a calm corner is working for each individual student. If the student is using the space inappropriately or using it to avoid tasks, consider changes you can make that would eliminate these reinforcers.

Choose a good spot. The spot shouldn't been too isolated or too close to things. Students need space to calm and refocus, but also keep track of (and be interested) in returning to class. Make sure you have good visibility of the space. Make the spot comfortable. Review the suggested physical materials.

Student Surveys

CALMING STRATEGIES SURVEY

Calming Strategies Survey
 Put a check on any strategies you think will help you and you can do by yourself. Write down four strategies you think will work the best.

1. 2. 3. 4.

deep breaths 	take a walk 	listen to music 	hand squeezes
positive self talk 	drink water 	wall push-ups 	senses check
relax for 5 	counting 	draw about it 	talk about it
mindful minute 	read 	yoga poses 	think happy thoughts
draw 	building time 	blow bubbles 	jokes
name the rainbow 	give yourself a hug 	use a calm bottle 	use a fidget

3y
 I and you can do by work the best.

4.

hand squeezes
senses check
talk about it
think happy thoughts
jokes
use a fidget

I NEED SURVEY

What's happening?
 Sometimes when we have big feelings, something is happening to make those feelings big.

Im

distracted 	hungry 	sick
worried 	tired 	thirsty

I need

to move around 	a quiet place to work 	to talk to someone
a 5 minute break 	more time to finish 	help understanding my work

Im having a problem

with a friend 	with an adult
with other students 	at home

Something else?

?

What teachers are saying

“This resource has been a helpful addition to my Calm Corner! All students are able to utilize the materials in this with very little to no support. I loved that it also included smaller versions which could be laminated and attached with a ring to easily carry around the building with us. I have also printed an extra copy to go in the general education classroom...WONDERFUL job!”

Get the whole calm corner bundle



Calm Corner Visuals

Strategy Cards

Bonus Yoga Cards

Strategy Notebook

& MORE

Social Emotional Learning Toolkit

SOCIAL EMOTIONAL TOOLKIT BUNDLE



Save when you buy
the SEL Toolkit Bundle

- Calm Corner
- Yoga Cards
- Feelings Posters
- Reflection Sheets
- Brain Breaks

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