

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



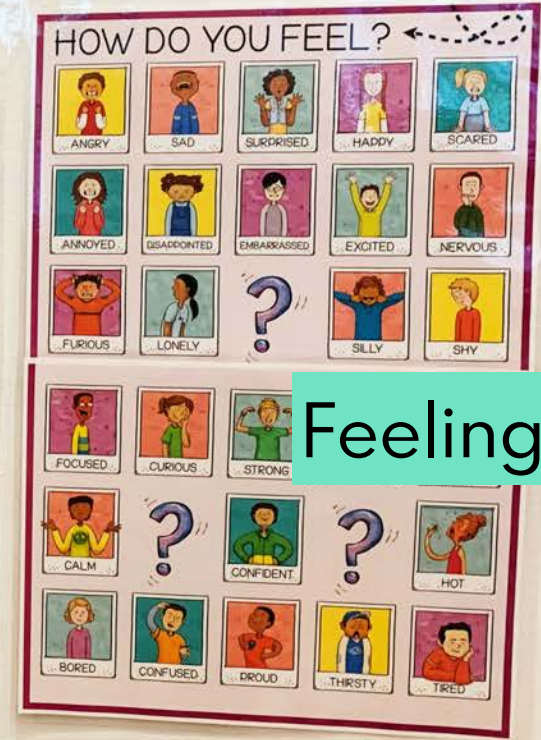
Sign



Calming Strategies



Calming Steps



Feelings

Customizable

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

ALSO IN BLACK AND WHITE



POSTER



PORTRAIT

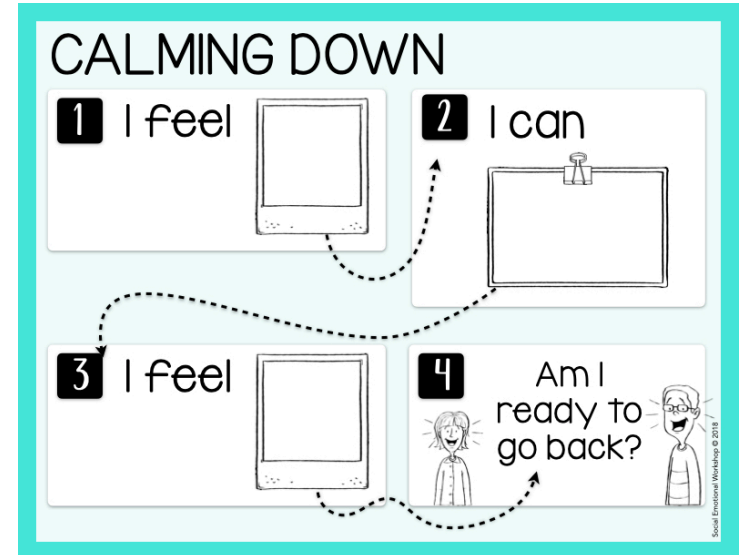
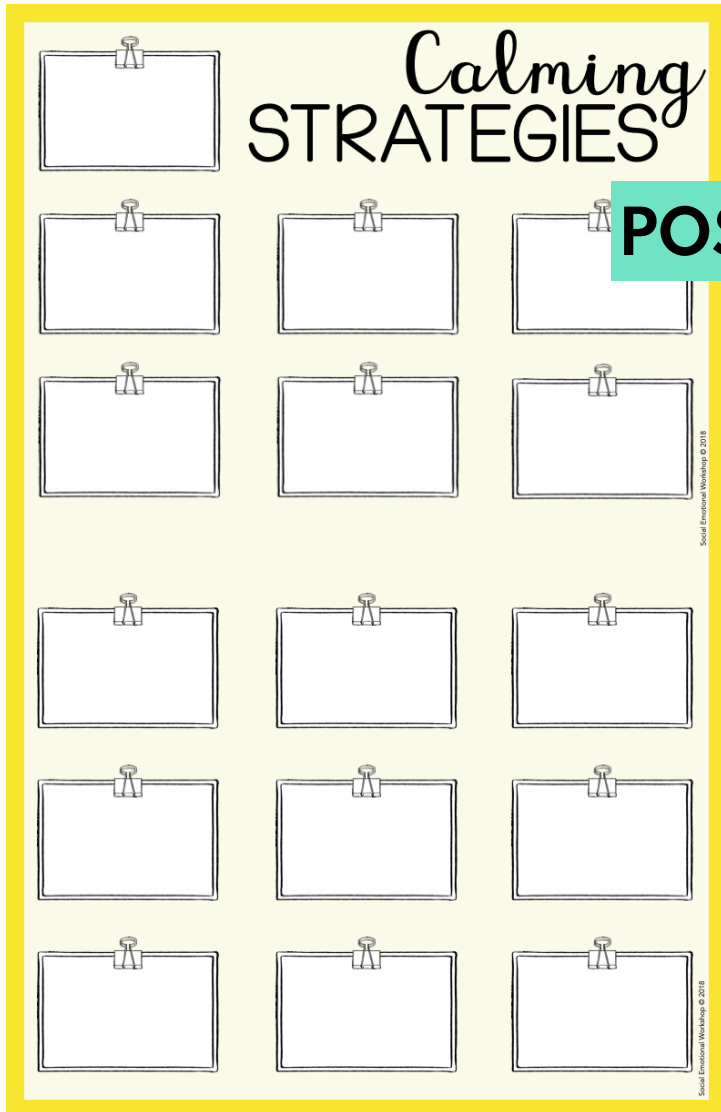


LANDSCAPE

Customizable

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

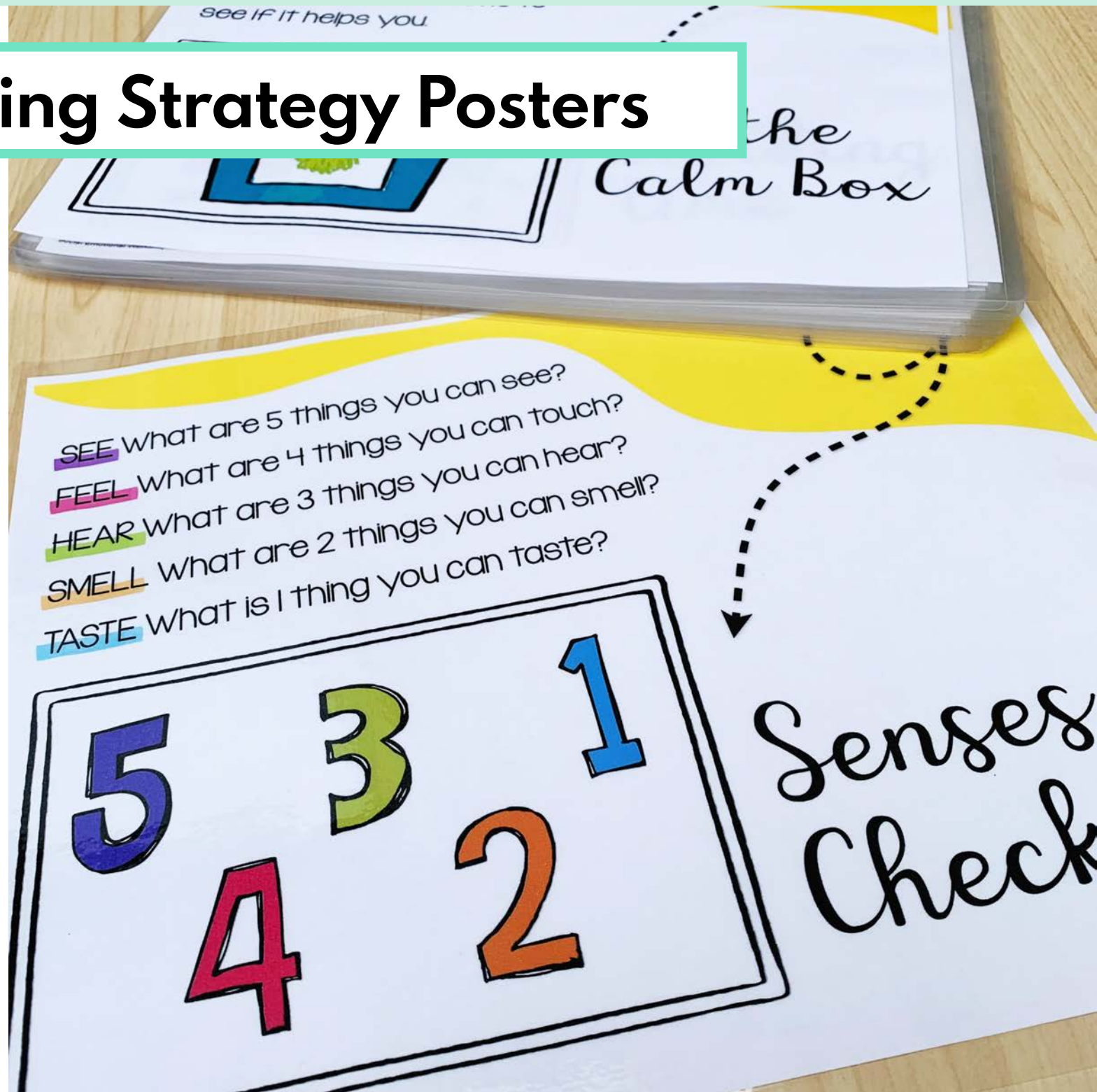
ADD VELCRO AND MAKE THE SIGNS INTERACTIVE



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

Hand squeezes

5 3 1
4 2

senses check

talk about it

hand squeezes

5 3 1
4 2

senses check

talk about it

think happy thoughts

talk about it

think happy thoughts

jokes

think happy thoughts

jokes

name the rainbow

give yourself a hug

use a calm bottle

use a fidget

name the rainbow

give yourself a hug

use a calm bottle

use a fidget

I NEED SURVEY

What's happening?

Sometimes when we have big feelings, something is happening to make those feelings big.

I'm

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

I'm having a problem

with a friend	with an adult
with other students	at home

Something else?

? ? ?

s something to make

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erstanding

Calming Strategies Lesson

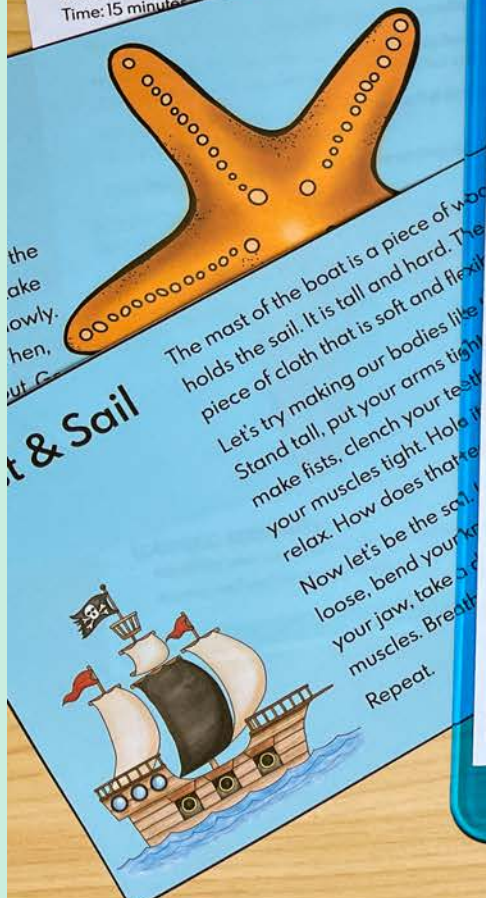
SMALL GROUP COUNSELING LESSON

INTRODUCTION: Coping Strategies.
Time: 5 minutes. Materials: 2 Calming Strategy Cards

"Calming strategies are brief exercises we can do that can help us manage our actions. They can work if we are feeling overwhelmed and need to calm. Lots of calming strategies we can do without anyone's help."
Introduce two calming strategies, deep breathing and counting to 100, and cards to guide students through both exercises.

After each exercise, check in with the students. How do they feel? How? When do they think they could use this?

GUIDED PRACTICE: Exploring Calming Strategies
Time: 15 minutes



Starfish & Sail

The mast of the boat is a piece of wood that holds the sail. It is tall and hard. The sail is a piece of cloth that is soft and flexible. Let's try making our bodies like the mast and sail. Stand tall, clench your fists, put your arms tight against your sides, make fists, put your arms tight against your sides. Now let's be the sail. Relax, bend your knees, loose your jaw, take a deep breath. Repeat.

Calming Strategies Checklist

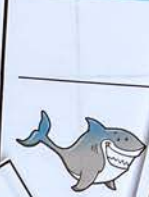
	Tried It	Rating	Top
Give Yourself a Hug	✓	+	★
Listen to Music	✓	OK	
Read a Book	✓	—	
Build Something	✓	OK	
Doodle or Draw	✓		
Take a Short Break			
Take a Walk			
Get a Drink of Water			
Think Happy Thoughts			
Count to 100			
Take a Mindful Minute			
Name the Rainbow			
Use Positive Self-Talk			
Write About It			
Talk About It			
Take Hot Cocoa Break			
Blow Bubbles			
Take Deep Breaths			
Take Flower Breaths			
Use a Calm Bottle			
Use a Fidget			
Do Wall Push-Ups			
Do Yoga Poses			
Do Hand Squeezes			

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WHEN I FEEL

When do you feel this way? What strategy would help?


WHEN I FEEL



When I don't understand something and someone makes fun of me.

What strategy would help? Take a break

WHEN I FEEL



When I'm behind on work.

What strategy would help? deep breaths, Ask for help



When I'm organized and staying focused

What strategy would help? my positive phrases



When something is boring

What strategy would help? drink water, take a short break

NOTES

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Build Something
Take some time to build. Building something can help calm your brain.

Listen to Music
Find a song that is calming. Set a timer for a few minutes and listen to the song. Keep your body relaxed and comfortable, close your eyes.

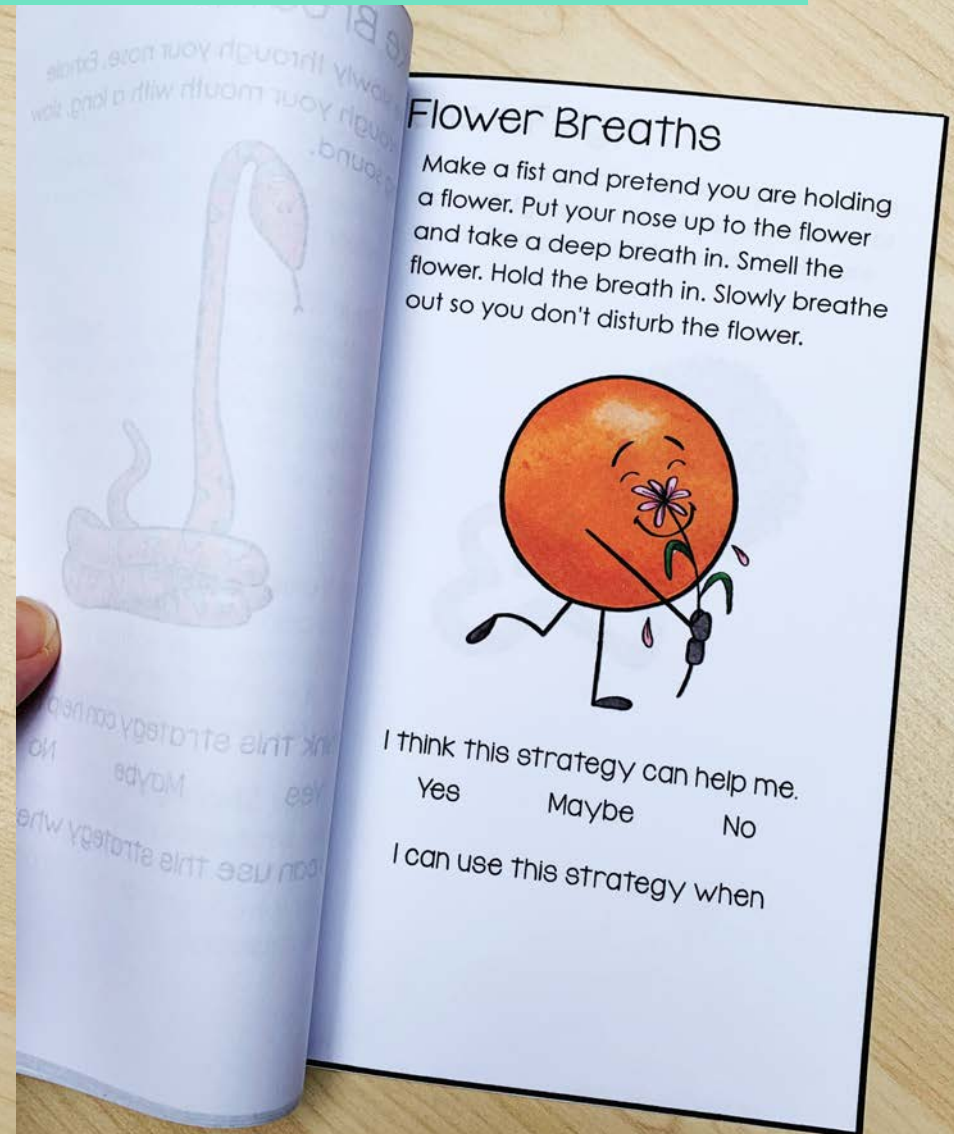
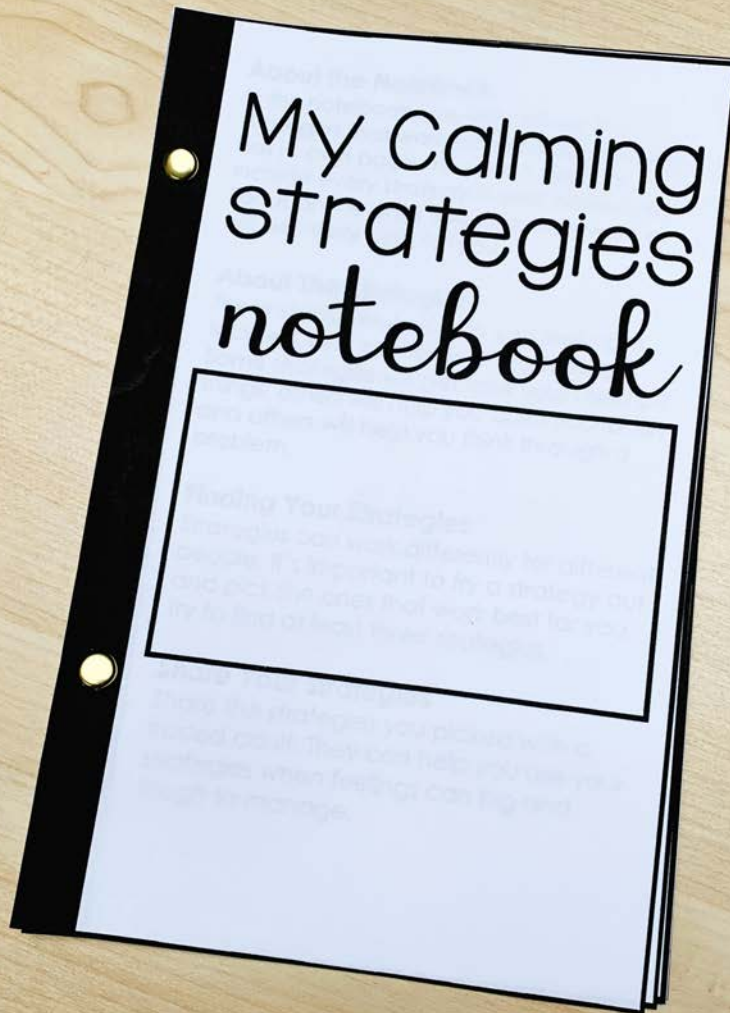
Blow Bubbles
Put your lips together and blow.

Give Yourself a Hug
Put your arms around yourself and hug yourself.

Read a Book
Find a book you like to read and spend five minutes focused on the book.

Calming Strategies Notebook

STUDENTS BUILD THEIR OWN STRATEGY NOTEBOOK



Customizable Lapbook



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!”

Social Emotional Learning Toolkit

SOCIAL EMOTIONAL TOOLKIT BUNDLE



PRINTABLE & DIGITAL

Save when you buy the SEL Toolkit Bundle

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

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