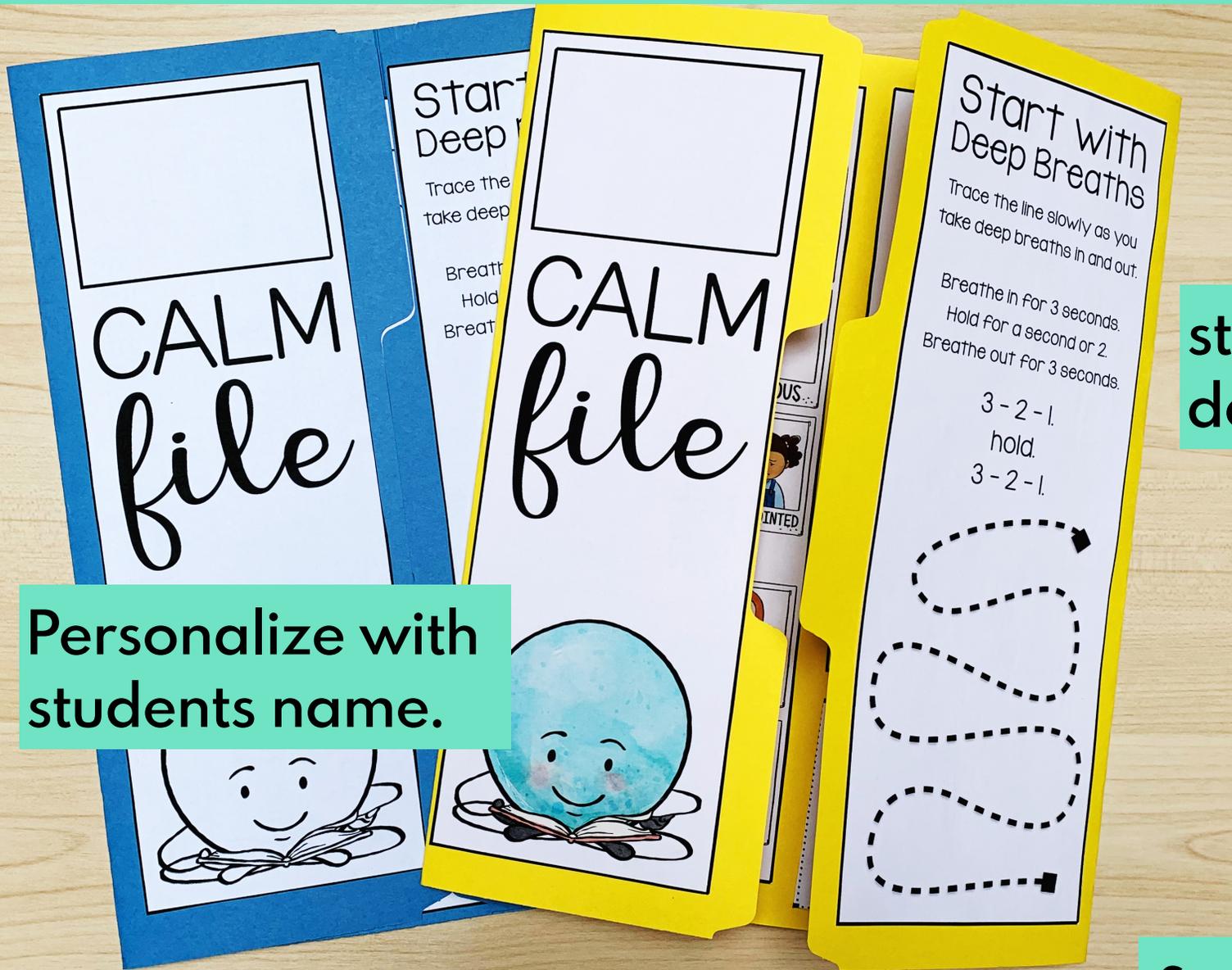


This resource will help you

- ✓ individualize a calm corner for specific students.
- ✓ have a portable calm corner ready when you need one.
- ✓ reinforce learned calming strategies.
- ✓ use repair plans when necessary to help students try to fix any damage they caused.

EASY TO ASSEMBLE LAP BOOK



Personalize with students name.

start with deep breaths

front

CUSTOMIZABLE INSIDE

CALM file

Take deep breaths in and out.
Breathe in for 3 seconds.
Hold for a second or 2.
Breathe out for 3 seconds.
3 - 2 - 1.

Steps

1 I feel

What are you feeling right now?

2 I can

pick a strategy to help you feel calm.

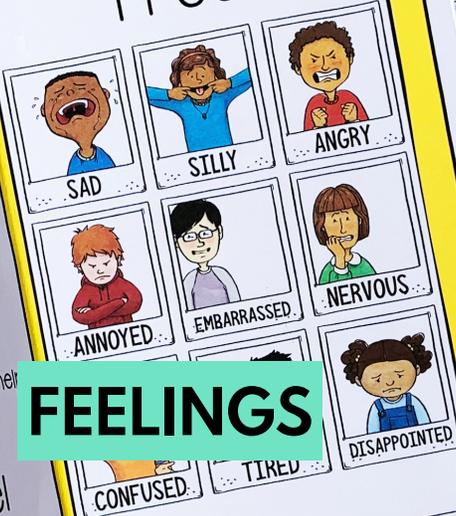
3 I feel

Check in again. How do you feel after using the strategy?

4 Ready?

Are you feeling ready to return or do you want to try another?

I feel



FEELINGS

STRATEGIES



STRATEGY ENVELOPE

Ready?

Good work!
Learning to be in charge of your feelings is hard work.
Let's take a minute to reflect.
Were the calming strategies helpful?
2. Is there something you can do differently next time?

TIPS TO RETURN

Today I will _____

Tips for Returning

- ✓ Get your body and voice calm and quiet.
- ✓ Do a simple activity first.
- ✓ Take things slow. Uncomfortable or negative feelings can come back quickly.

CALM STEPS

OPTIONAL REPAIR PLAN

Repair plan

1. What happened?
2. Who was impacted by
3. How did your action
4. Create a plan to

Repair plan

When you get upset, sometimes your actions can hurt or harm others. Take some time to think about the impact of your actions and find ways to repair any harm that you caused.

1. What happened?
Damage can be harm to one person or to your community. It may be emotional or physical. Which of your actions may have caused harm or hurt to someone or to your community?
2. Who was impacted by what happened?
Who may have been harmed or hurt by your actions? This might be someone who was directly involved or someone who was nearby. Sometimes your actions effect more people than you realize.
3. How did your actions impact others?
Think of your actions. Sometimes you clearly hurt someone, like if you called someone a name. You can also cause harm indirectly when you are disruptive or distracting. How did your actions make others feel? Did they lose or miss something because of your actions?
4. Create a plan to repair any harm, hurt, or damage.
What can you do to repair any damage caused by your actions? Sometimes all that is needed is an apology. Other times, you may need to fix or clean something. Think about what was lost or damaged by your actions.
5. Carry out your repair plan.
You keep your community a safe and positive place when you repair any harm that you caused.

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Students complete an optional repair plan with their teacher, counselor or administrator

back

Get the whole calm corner bundle



Calm Corner Visuals

Strategy Cards

Bonus Yoga Cards

Strategy Notebook

& MORE

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