

This resource will help you:

- ✓ add social emotional learning seamlessly into your classroom.
- ✓ teach your students effective calming strategies they can use again and again.
- ✓ manage behavior while maintaining a warm classroom community.
- ✓ support all students in your classroom with functional and accessible tools.

What's Included

1. A customizable and interactive **calm corner**
 2. **Yoga cards** - poses and sequences
 3. **Feelings posters** with body language and facial expressions noted
 4. Differentiated **brain breaks**
 5. **Behavior Reflection Sheets**
- PLUS Digital Versions of everything





My students really responded well to this resource. They are **learning to identify and express their feelings and improve their coping strategies** and after our lessons, they use the materials as visual supports to support their efforts.

Customizable Calm Corner



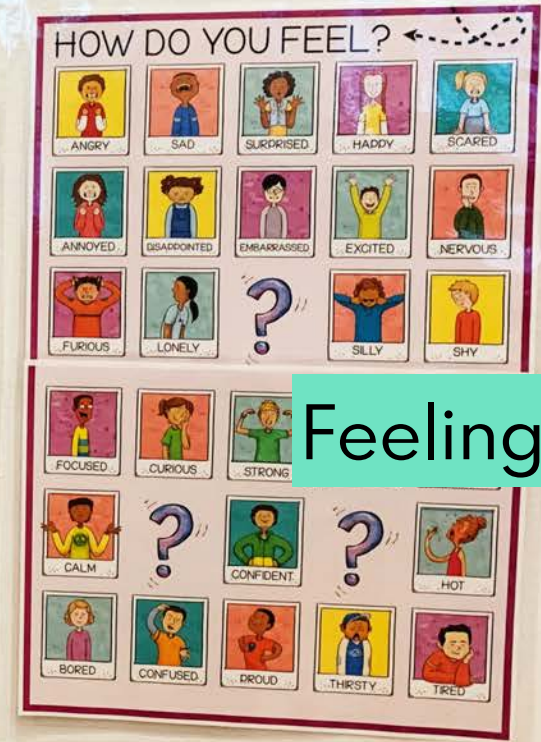
Sign



Calming Strategies

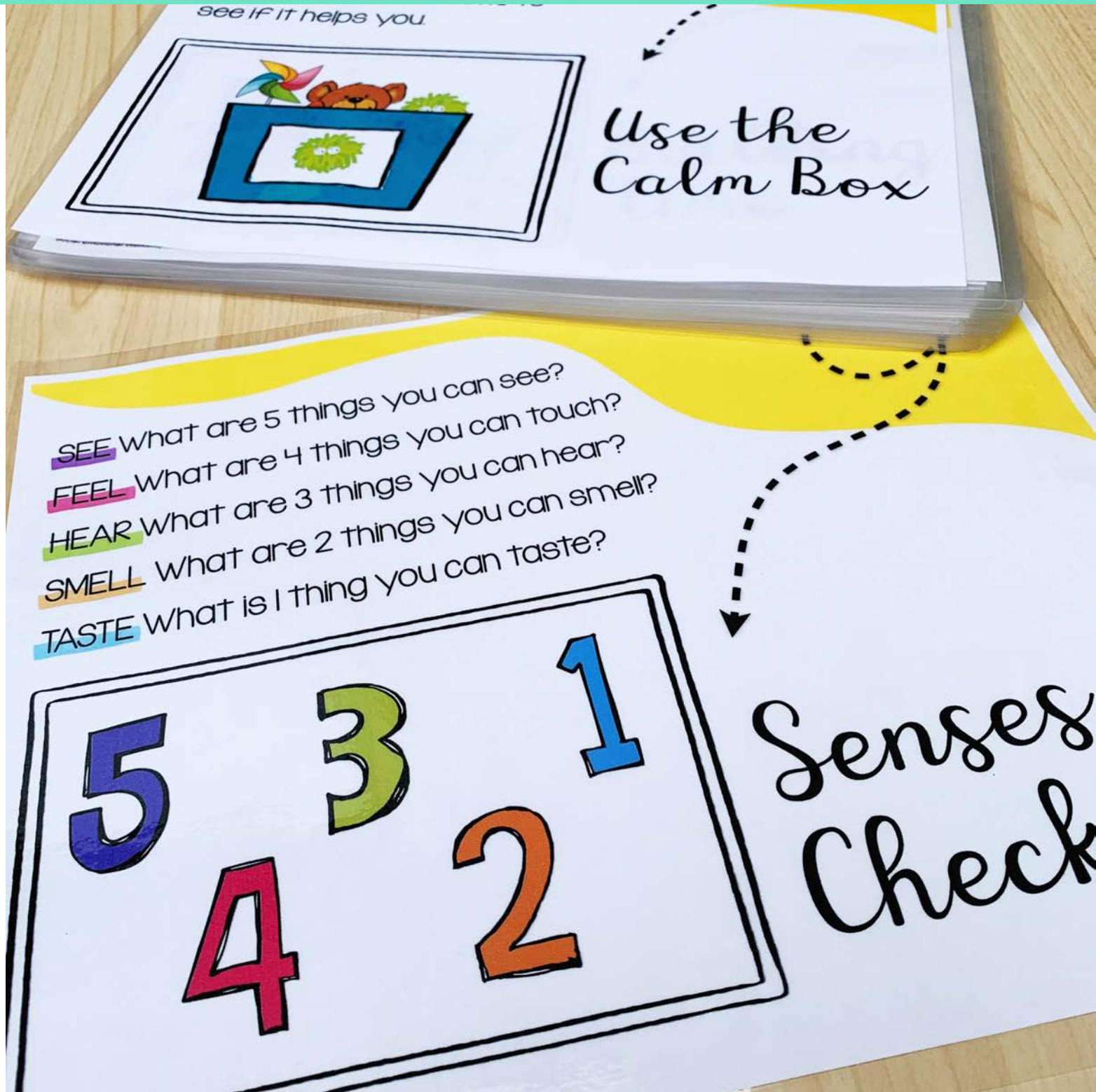


Calming Steps



Feelings

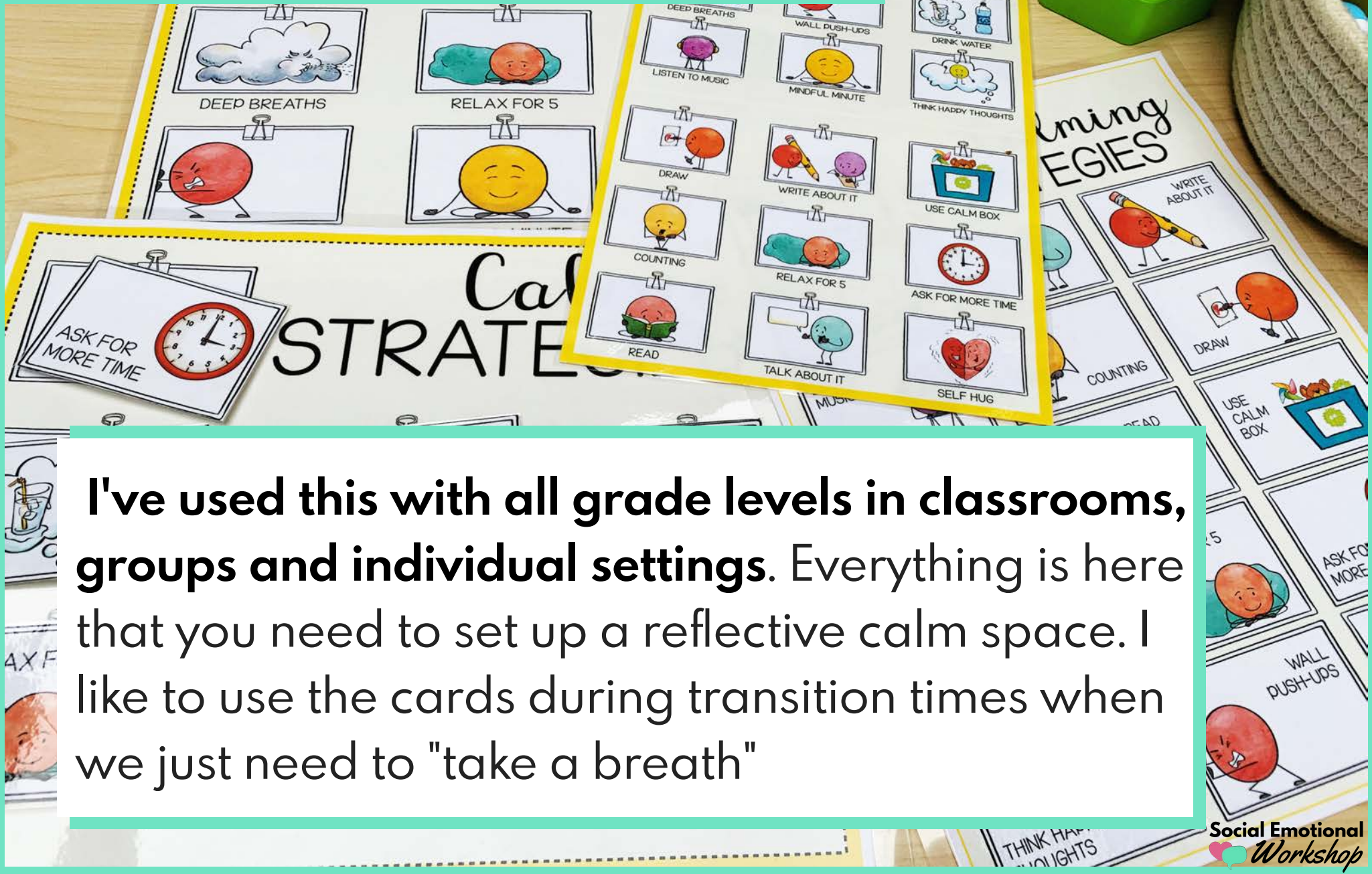
29 Calming Strategy Posters



Calming Strategy Cards



How Teachers Are Using This

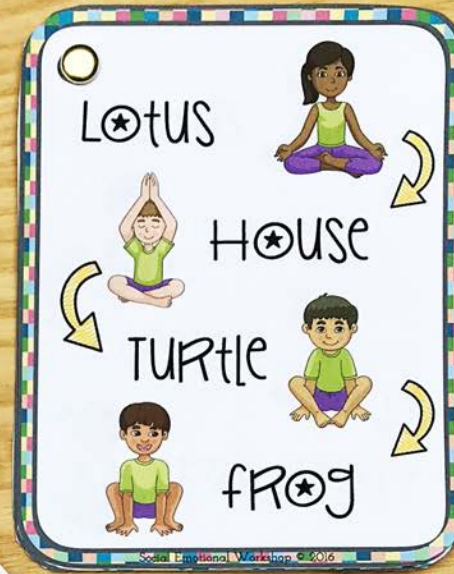
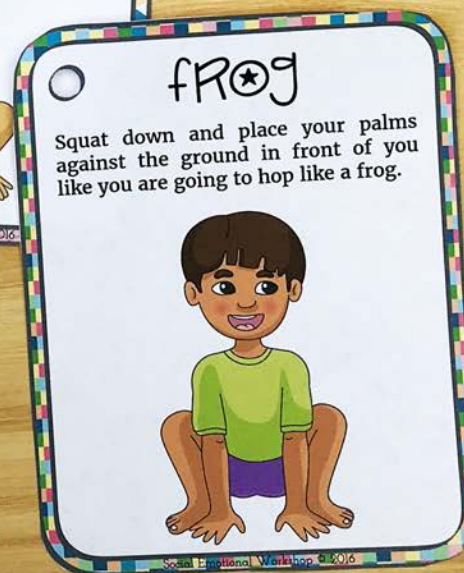


I've used this with all grade levels in classrooms, groups and individual settings. Everything is here that you need to set up a reflective calm space. I like to use the cards during transition times when we just need to "take a breath"

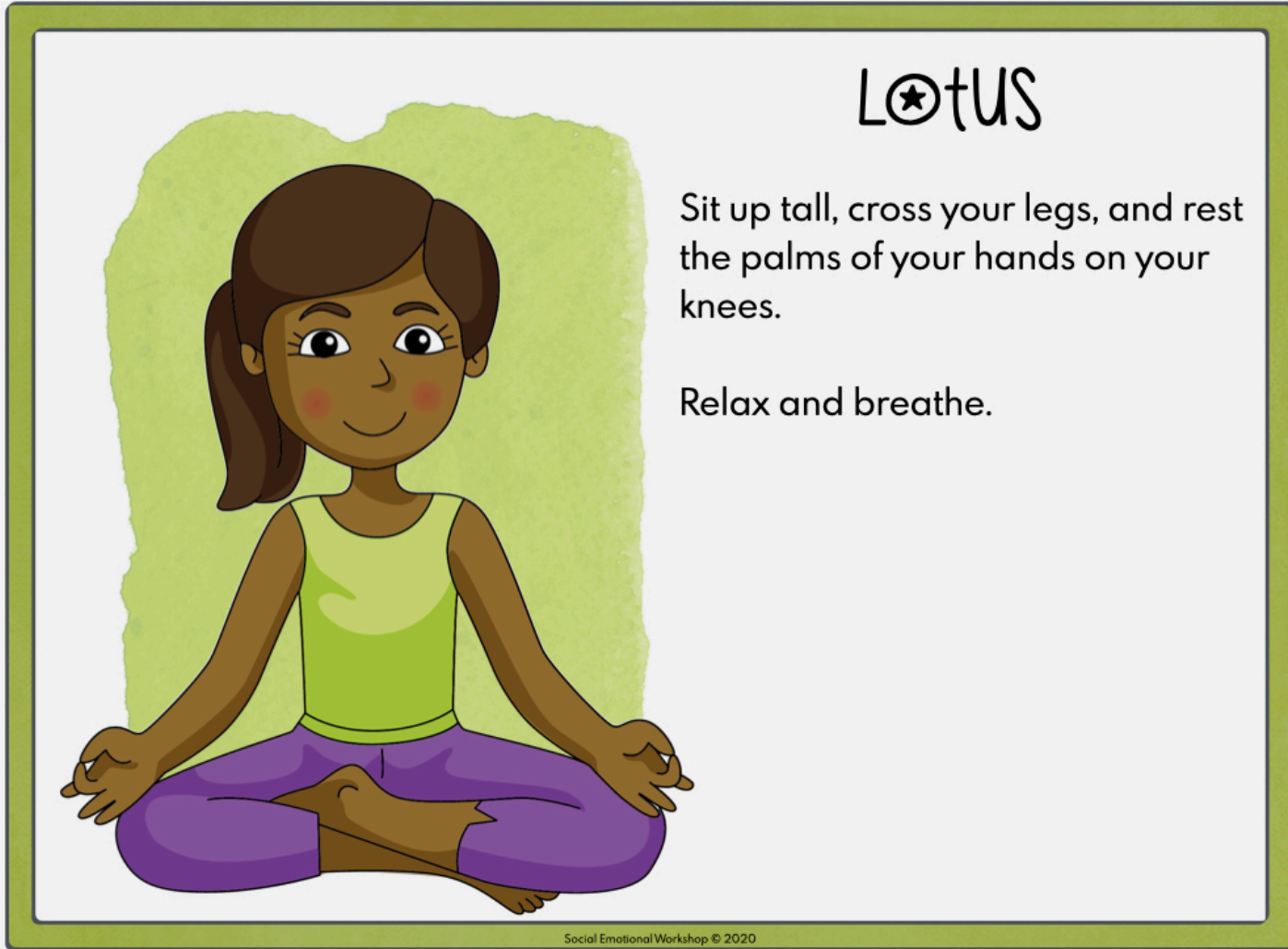
Yoga Cards

8 sequences

PLUS
POSTER
SIZE



34 poses



LOTUS

Sit up tall, cross your legs, and rest the palms of your hands on your knees.

Relax and breathe.

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DIGITAL YOGA CARDS INCLUDED

How Teachers Are Using This

This is an excellent resource and helped me **create a safe corner for students to use tools to regulate.** The brain breaks and yoga cards are favored by my students!



ENERGIZE

PALM TREE POSE

WING BREATHS

As you take a breath
raise your arms. As
t breath out, slow
ver your arms. Let's
repeat.

COLOR BREATHS

Close your eyes and take a
deep breath. Picture the air
coming in. It's bright blue
like the ocean. Now as you
exhale picture it red like
a fire engine.

FOCUS



ATOM

You
to walk
m until I call
number.
together in
So if

CALM

COLOR SEARCH

I'm going to call
and you will search
the room for so
is that color. I v
to w

DANCE

the music starts,
dance in your spot. When
the music stops you have
freeze where you are.

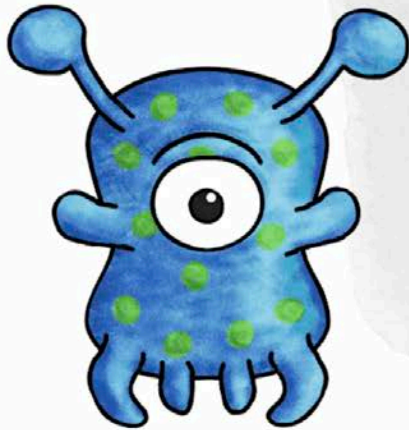


Brain Breaks

54 Exercises to Focus, Calm, Energize

ALLITERATION

Write a sentence about **outer space** where all the words start with the letter **A**.



Brain Breaks

digital exercises included



Feelings Posters

notes body language and facial expressions

Feelings Posters & Activities

digital



Feelings: Body Language & Facial Expressions

Lesson and Activities

Resources & Materials: Feelings Posters

There are lots of different feelings, like feeling angry, sad or curious. Often, you can tell the way someone is feeling by what their face and body look like. Our bodies change when our feelings change.

Resources & Materials: Feelings Posters with different versions of each feeling included in the posters. The student versions ask them to draw about the person's face and body. Each version is up with a slightly different drawing that was intended. That's okay. Check and point out other body parts that may have missed.

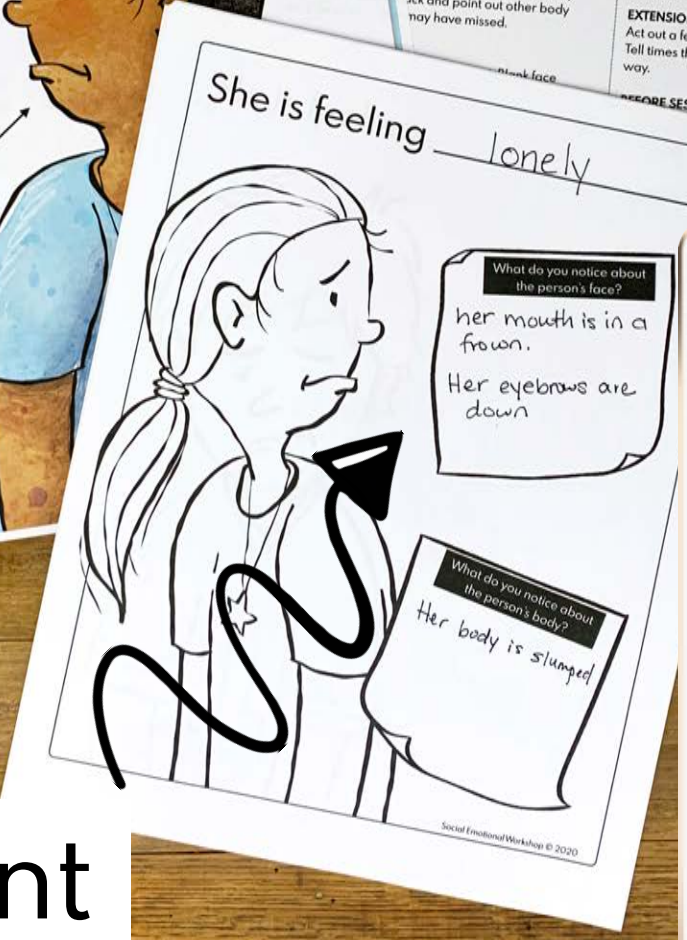
LEARNING STANDARD
Recognizes and accurately names feelings.

Demonstrates a range of emotions through facial expressions and body language.

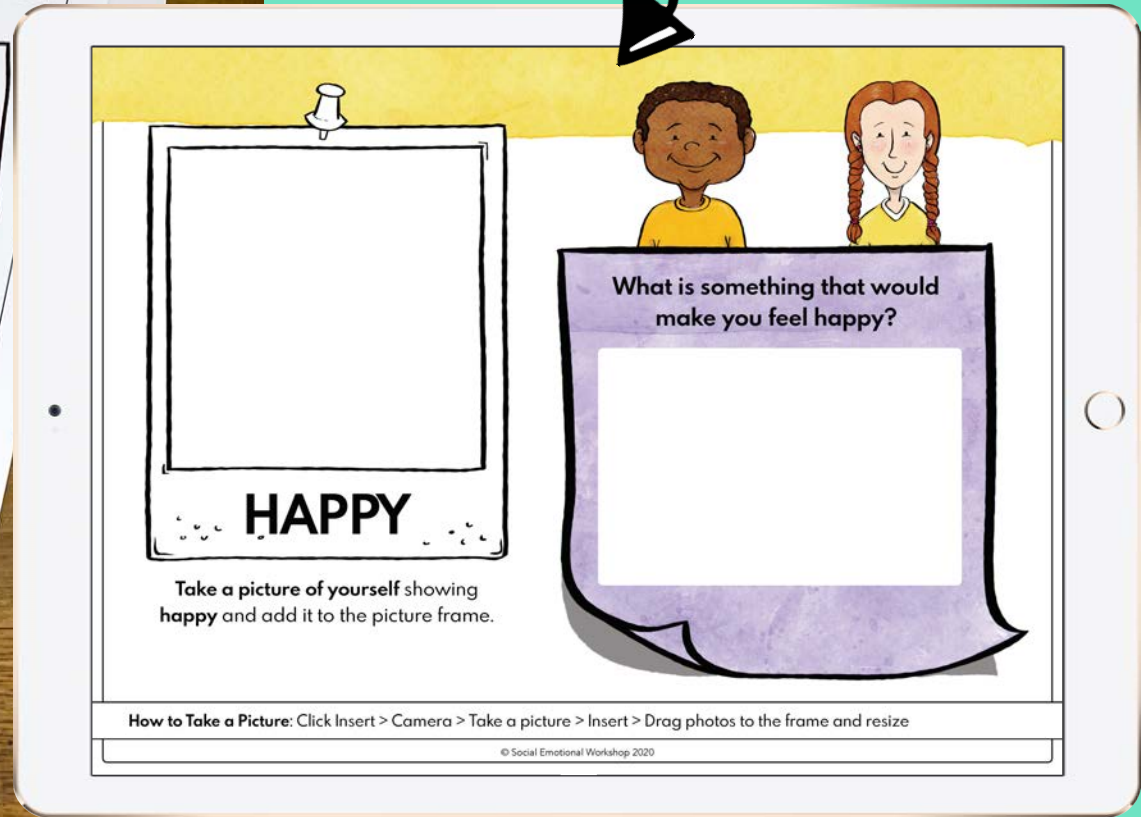
PRE-REQ. KNOWLEDGE
The student should have a feelings vocabulary.

DIFFERENTIATION
The feelings posters are helpful as a supplement when students are completing the activities.

EXTENSION
Act out a feeling. Tell times they would feel that way.



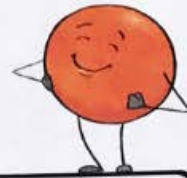
print



BRAG SHEET

Name:

Date:



My Brag-

THINK SHEET

Name:

Date:



How did

What

Name:

WHAT IF ... MAP

Date:



What po:

Why d

Event

How c
feel? \

Choice 1

Choice 2

Note

How c

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. deep breaths	2. take a walk	3. listen to music	4. 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

name the rainbow	give yourself a hug	use a calm bottle	use a fidget
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and you can do by yourself. Write down four strategies you think will work the best.

4.

hand squeezes

senses check

talk about it

think happy thoughts

jokes

What's happening?

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

I'm

<input type="checkbox"/> distracted	<input type="checkbox"/> hungry	<input type="checkbox"/> sick
<input type="checkbox"/> worried	<input type="checkbox"/> tired	<input type="checkbox"/> thirsty

I need

<input type="checkbox"/> to move around	<input type="checkbox"/> a quiet place to work	<input type="checkbox"/> to talk to someone
<input type="checkbox"/> a 5 minute break	<input type="checkbox"/> more time to finish	<input type="checkbox"/> help understanding my work

I'm having a problem

<input type="checkbox"/> with a friend	<input type="checkbox"/> with an adult
<input type="checkbox"/> with other students	<input type="checkbox"/> at home

Something else?

<input type="checkbox"/> ?	<input type="checkbox"/> ?	<input type="checkbox"/> ?
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I NEED SURVEY

DAILY SEL CURRICULUM

Need SEL Lessons?

The [Daily SEL Curriculum](#) covers 35 social emotional topics using 10-minute no-prep daily lessons

DAILY SEL

Print & Digital Bundle

DAILY SEL Set 1
SELF AWARENESS

DAILY SEL Set 2
SELF MANAGEMENT

DAILY SEL Set 3
SOCIAL AWARENESS

DAILY SEL Set 4
RELATIONSHIP SKILLS

DAILY SEL Set 5
DECISION MAKING

DAILY SEL
SEL CHOICE BOARDS

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