

Our Calm Corner has **EVERYTHING YOU NEED** to create a peaceful & effective space for kids to regulate their emotions.

If I could give this an A++++ I would! I haven't seen such a comprehensive, all encompassing, ready to go Cool Down Corner resource such as this!
-Ryan



WHAT YOU'LL LOVE ABOUT OUR CALM CORNER:

CLASSROOM MANAGEMENT GAME CHANGER:

- improves student behavior
- decreases disruptions

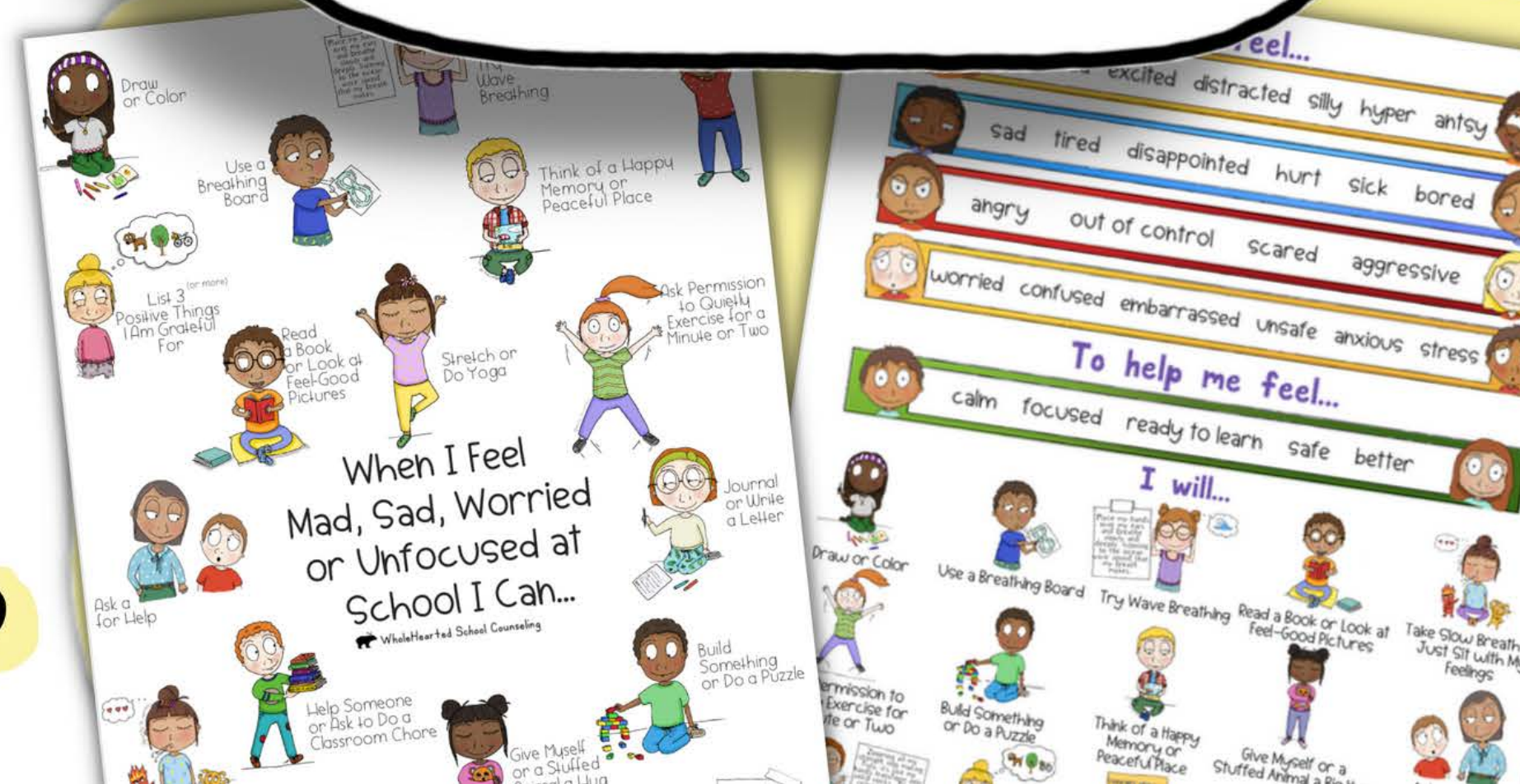
Creates a beautiful break area where students can use calming strategies to **SELF-REGULATE INDEPENDENTLY** & get ready to return, focus and learn

DETAILED VISUAL SUPPORTS make it accessible, relevant and easy for students to use

CUSTOMIZABLE with tons of options for **DIFFERENTIATION**

Is researched based & **TRAUMA INFORMED**

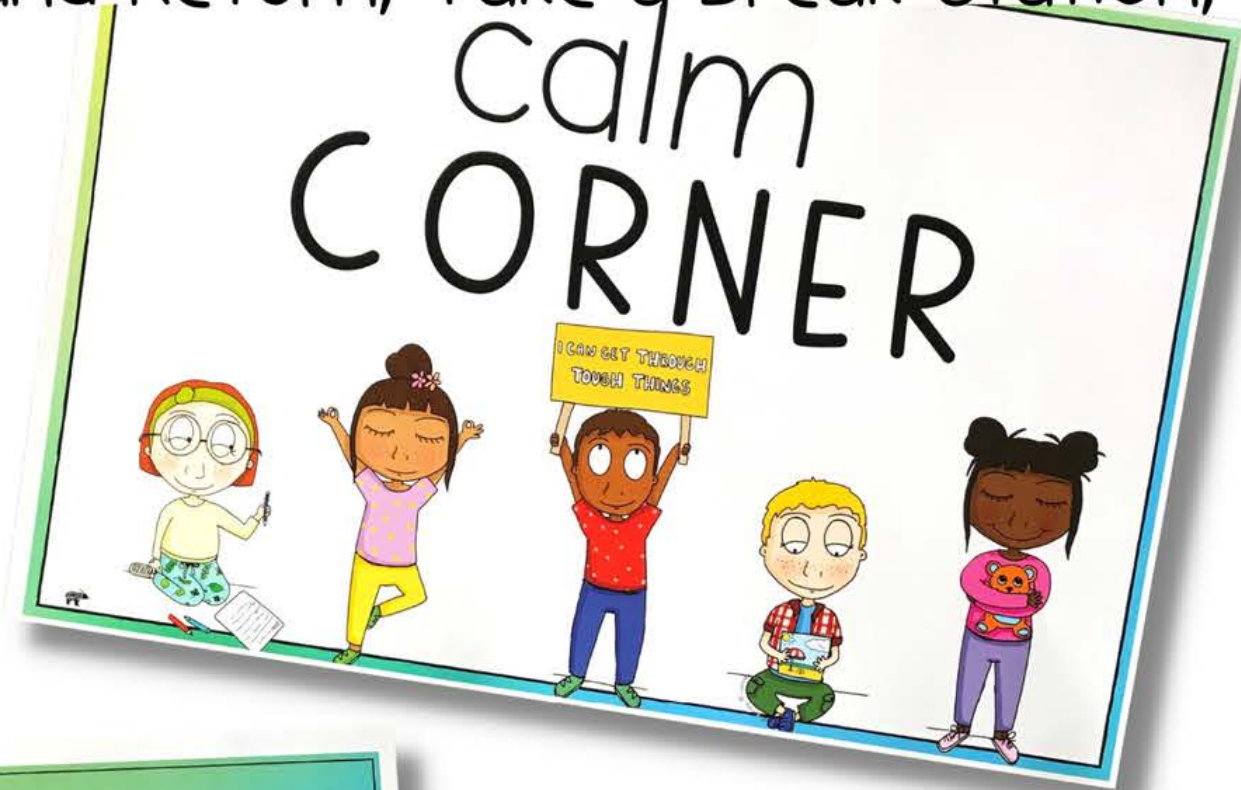
This is something that all classrooms need to have. It is perfect to allow students to feel their feelings and calm them down without disruptions, plus it was easy to create. -Amanda



Center Signs

10 name choices in 3 different styles.

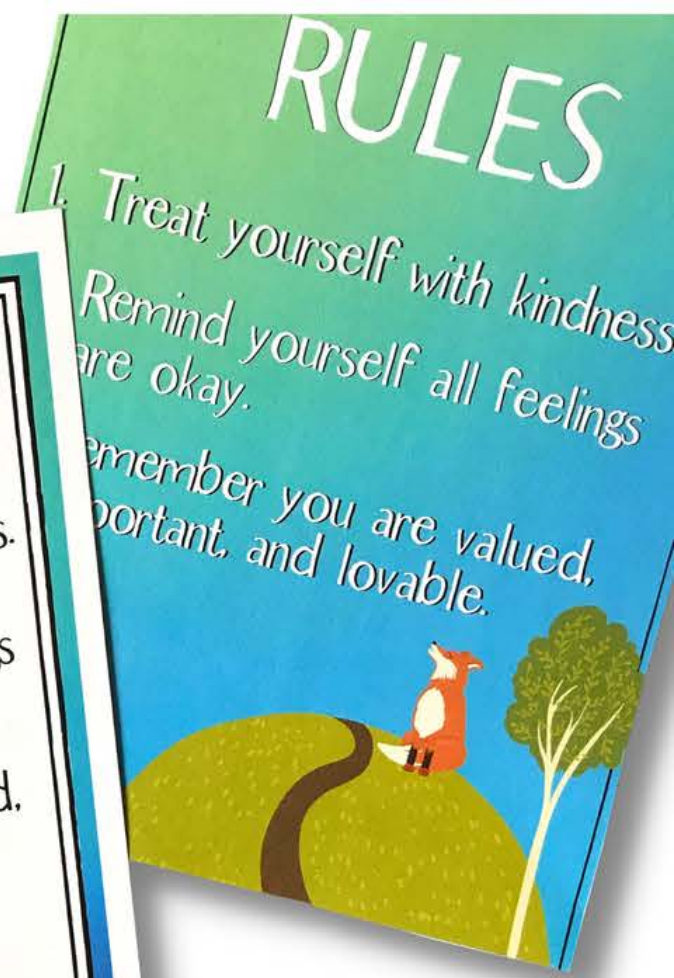
Names include: Calm Corner, Calming Corner, Calm Down Corner, Cool Off Corner, Peace Corner, Quiet Corner, Rest and Return, Take a Break Station, Safe Zone, Zen Zone



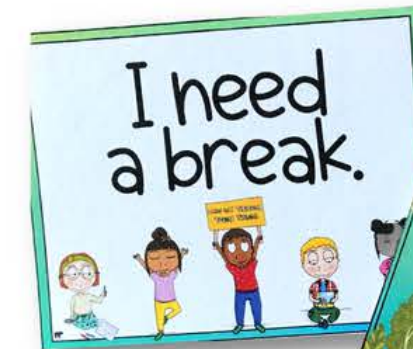
Calm Box Labels



Rules of Use



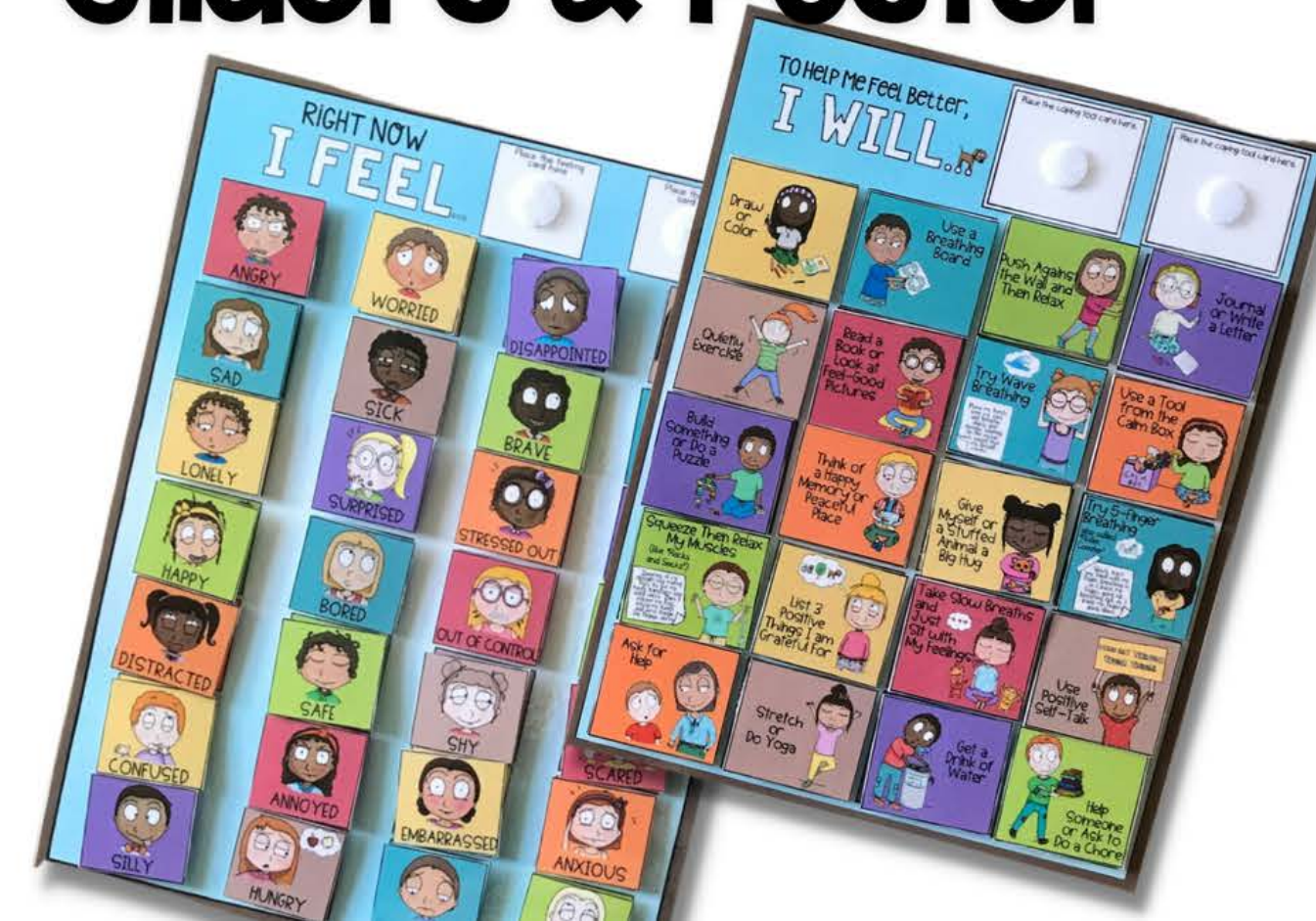
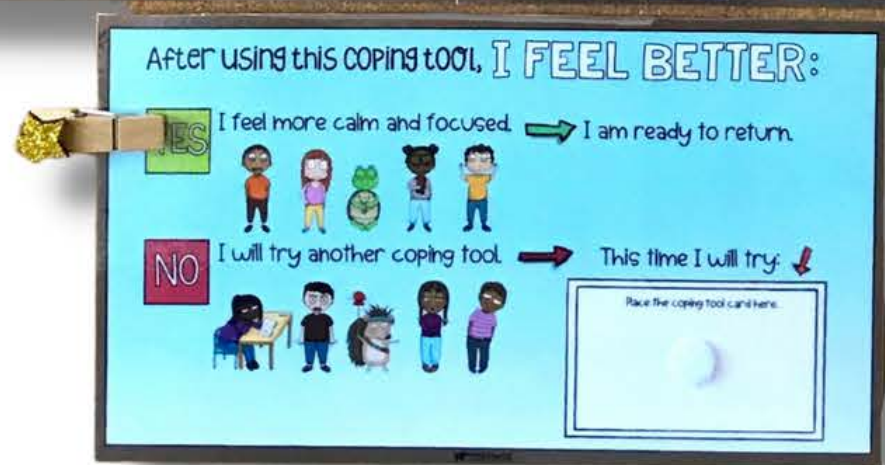
Break Cards



Feeling Check-In, Coping Tools & Ready to Return Wall Display

WholeHearted School Counseling

Feelings & Coping Tools Choice Boards, Sliders & Poster



Interactive Breathing Boards

Self-Advocacy

- Choice Board
- "I Need" Checklist
- "I Wish my Teacher Knew" forms



Helps Students Communicate Needs

Gratitude Task Cards



My Happy Place & Memories Task Cards



Positive Affirmation Cards

includes full sized posters, too!

Yoga Poses

helps kids relax their bodies and minds



Feel Good Animal Pictures

helps kids smile and laugh

6 Puzzles

with positive messages



Animal Strength Cards

Coping Tool Visual Aid Cards

Letter Writing and Journaling Prompts

Over 50 Coloring Pages

and
LETTER
writing ideas



LETTER writing ideas

Read through the list of letter writing ideas and choose something that inspires you. You may decide to give the letter to someone. Or maybe not. Just write and notice how you feel, and whether or not it helps.

YOU CAN WRITE A LETTER...

- ...to someone that you miss, and express what you miss about them.
- ...thanking someone, and telling them what you appreciate about them.
- ...to yourself, expressing support, encouragement, and positive self-talk.
- ...expressing what you want, need and hope for.
- ...to a family member or friend, and share with

JOURNAL writing ideas

Read through the list of journal writing ideas and choose something that inspires you. Or, you can also write down whatever thoughts flow through you. Don't worry about spelling or how something sounds. Just write for you.

- Today I feel...
- If I could change anything right now, it would be...
- A time I felt peaceful and happy was when...
- Something that I want people to know about me is...



COLORING PAGES

A cartoon illustration of a young girl with dark skin and hair, wearing a white shirt and green pants, sitting and writing with a pencil. She has a headband with a pink and white pattern.

Breathe and Be With My Feelings Interactive Lap Book, which includes 25 Physical Sensations Identification Board

Take SLOW Breaths and Just BE WITH MY FEELINGS

Take in a deep, strong breath
 2. Make fists with your hands
 3. Squeeze your hands with so much force, like your strength can transform your fists into solid, indestructible rocks.
 4. When you can't stand it any longer, exhale and release your fists.
 5. Let go of all that tension and relax as if your hands and arms have turned into dangling socks.
 6. Try turning other parts of your body, such as your shoulders, legs, and feet, into rocks and socks, too!

STEP 1 DO A BREATHING EXERCISE I WILL TRY:

- ROCKS and SOCKS
- ocean wave Breathing
- a Breathing BOARD
- 5-FINGER BREATHING ALSO KNOWN AS "ROLLER COASTER"

STEP 2 NOTICE what is HAPPENING in MY BODY

MY BODY FEELS:

pounding headache	racing thumping heart		
trembling or shaking	fluttering butterflies in stomach		thirsty or dry mouth
light muscles	blushing	numb, flat, or detached	smiling, laughing
about to explode	hungry, growing stomach	light and airy	cold or shivering
stomping feet		balanced and relaxed	sweating
bursting with energy	clenched teeth	hot, rising temperature	stomach hurts

STEP 3 NAME THE FEELING

I FEEL

- happy joyful calm peaceful focused ready to learn curious balanced confident brave proud friendly
- worried afraid scared fearful anxious overwhelmed confused stressed out unsure insecure shy helpless
- angry mad upset aggressive out of control enraged furious bothered offended annoyed irritated frustrated
- sad grouchy bummed disappointed grief pain hurt sick tired bored lonely rejected
- ...and that's
- silly hyper unfocused wiggly antsy excited energetic goofy bold daring lively animated

STEP 4 Treat myself with KINDNESS

A KIND MESSAGE I CAN TELL MYSELF IS:

- I may not have control over this situation, but I am in charge of how I respond.
- I learn from my mistakes.
- I can use my coping tools to care for my feelings.
- I have what it takes to do hard things.
- This feeling is uncomfortable, but it won't last forever.
- I am strong, brave and awesome.

I am strong.
I am brave.

Feelings and Coping Skills Posters & Checklists

Gratitude Worksheets

WholeHearted School Counseling

I FEEL...

Unfocused Excited Distracted Silly Hyper Antsy

Sad Tired Disappointed Hurt Sick Bored

Angry Out of Control Scared Aggressive

Worried Confused Embarrassed Unsafe Anxious Stress

Calm Focused Ready to Learn Safe Happy Good

I WILL...

Unfocused Distracted Excited Silly Hyper Antsy

Sad Tired Disappointed Hurt Sick Bored

Angry Aggressive Out of Control Scared

Worried Confused Embarrassed Unsafe Anxious Stress

When I Feel Mad, Sad, Worried or Unfocused at School I Can...

- Draw or Color
- Use a Breathing Board
- Try Wave Breathing
- Use Positive Self-Talk
- List 3 (or more) Positive Things I Am Grateful For
- Think of a Happy Memory or Peaceful Place
- Read a Book or Look at Feel-Good Pictures
- Stretch or Do Yoga
- Ask Permission to Quietly Exercise for a Minute or Two

HECKLIST Unfocused I Can...

- Take Slow Breaths Just Sit with My Feelings
- Help Someone or Ask to Do a Classroom Chore
- Build Something or Do a Puzzle
- Give Myself or a Stuffed Animal a Hug
- Try 5 Finger Breathing
- Use a Tool from the Calm Box
- Push Against the Wall and Then Relax
- Get a Hug
- Look at Feel-Good Pictures
- Stretch or Do Yoga
- Use a Tool from the Calm Box
- Journal or Write a Letter
- Tell Myself a Positive Affirmation or Mantra
- Squeeze Then Relax My Muscles (Try Rocks & Socks)

My Gratitude LIST

- A **STRENGTH** of mine for which I am grateful for is:
- Something **money can't buy** that I'm grateful for is:
- Something that **comforts** me that I'm grateful for is:
- Something that's **FUnny** for which I'm grateful for is:
- Something in **nature** that I am grateful for is:
- A **memory** I'm grateful for is:
- A **CHALLENGE** I'm grateful for is:

I Am Grateful For

<input type="checkbox"/> Sunrises	<input type="checkbox"/> Rocks	<input type="checkbox"/> Celebrations
<input type="checkbox"/> Ice Cream	<input type="checkbox"/> Balloons	<input type="checkbox"/> Movies
<input type="checkbox"/> Adventure	<input type="checkbox"/> Love	<input type="checkbox"/> Ladybugs
<input type="checkbox"/> Books	<input type="checkbox"/> Strength	<input type="checkbox"/> Courage
<input type="checkbox"/> Art	<input type="checkbox"/> Sleep	<input type="checkbox"/> New Ideas
<input type="checkbox"/> Dogs	<input type="checkbox"/> Amusement Parks	<input type="checkbox"/> Board Games
<input type="checkbox"/> Rain	<input type="checkbox"/> Postcards	<input type="checkbox"/> Men
<input type="checkbox"/> Rainbows	<input type="checkbox"/> Flowers	<input type="checkbox"/> Laughter
<input type="checkbox"/> Pizza	<input type="checkbox"/> Hope	<input type="checkbox"/> Success
<input type="checkbox"/> Sports	<input type="checkbox"/> The Earth	<input type="checkbox"/> Perseverance
<input type="checkbox"/> Kindness	<input type="checkbox"/> Friendship	<input type="checkbox"/> Music
<input type="checkbox"/> Trees	<input type="checkbox"/> Family Meals	<input type="checkbox"/> Bike Rides
<input type="checkbox"/> Friendship	<input type="checkbox"/> Snow	<input type="checkbox"/> Snow

My FAVORITE...

Cute things	Places to visit
Tastes	Sights
Things to Play	Fun things
Things to Learn about	Hobbies

Extensive User's Guide and Description of How Each Coping Skill Helps

This image displays a collection of overlapping 'User's Guide' pages from a toolkit, each detailing a specific coping skill. The pages are color-coded by folder and include illustrations, photos of the materials, and detailed descriptions of how each skill helps students.

FOLDER 1: What's Included

1. CENTER NAME SIGN
 There are 10 different center names included in this resource. The choices are: Calm Corner, Calming Corner, Calm Down Corner, Cool Off Corner, Peace Corner, Quiet Corner, Rest and Return, Take a Break Station, Safe Zone and Zen Zone.
 Each of these Name Signs can be printed in color or black/white -and- in portrait or landscape orientation. There are also 3 different styles to choose from. They include the Sun, Trees and Hill style, the Dove and Flowers style and the Coping Skilled Children style.
 Choose which style and page orientation you like best and print. For durability, laminating is recommended.

FOLDER 4: 4. I NEED A BREAK CARDS
 These cards can be used by your students (or child) to communicate to you verbally that they need a break. It can be empowering and reassuring (which means reduction in anxiety) for some kiddos to know that they have agency to recognize - and communicate- when they need a break.
 Comes in 3 different styles, in color and black/white. Laminate to re-use.

FOLDER 5: 5. WHEN I FEEL...I CAN POSTERS
 These posters display the self-regulation coping skills featured in this toolkit. They come in 2 different layouts, portrait and landscape orientation and color & black/white. There is even the option to create a 11" X 17" poster for a larger printer.

FOLDER 7: 7. FEELING POSTER
 The Feelings Poster is grouped into 5 different emotion families. The full color version works well with other popular self-regulation programs. You can also create an 11" X 17" poster using a regular home printer when you print out two 8.5" X 11" prints and join them together.
 Comes in full color, light color, and black and white printing.

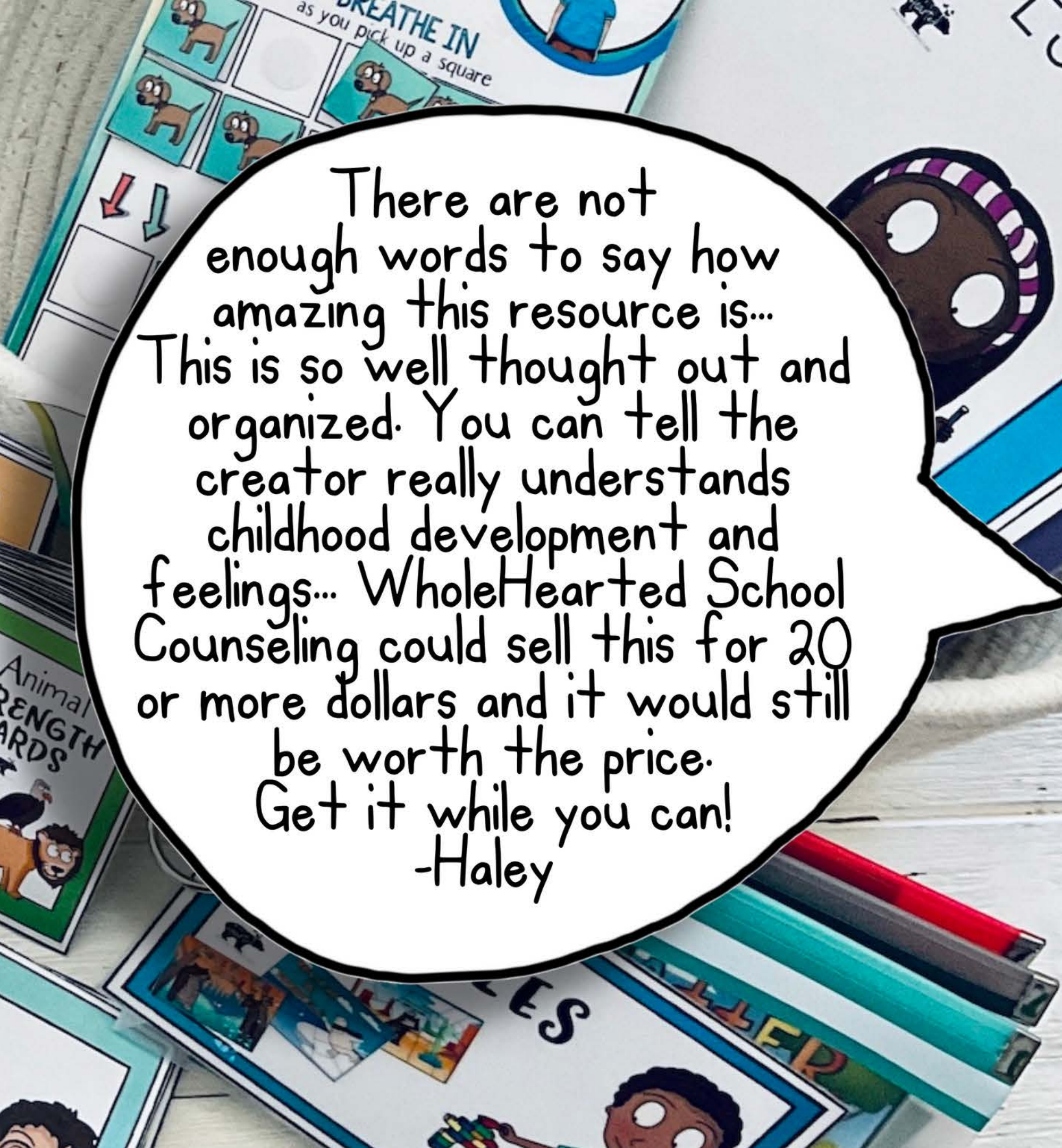
FOLDER 10: 10. BREATHING BOARDS
 Breathing Boards are awesome breathing guides, especially for kinesthetic learners. The act of finger tracing the various shapes in conjunction with mindful breathing turns "Just Take A Deep Breath" into something more concrete that a young person can focus on.
 Comes in 3 different shapes, 2 different sizes, and full color, light color and black/white.
 In addition to the above mentioned breathing boards, you also get the Take 10 Slow Breaths Breathing Board.
 Comes in 2 different styles, both in full sized page and half sized page and both in color and black and white printing. I recommend using hook and loop dots if you can!
 How to assemble are in Folder 10: Take Slow Breaths.

Other Skills and Guides:

- JOURNAL OR WRITE A LETTER**: Journaling and/or writing a letter helps to increase reflection and provides a medium to express, calm negative feelings and thoughts.
- USE A SENSORY TOOL...FROM THE CALM BOX**: Sensory tools (also sometimes called fidgets) students self-regulate by providing input in a way while improving focus and attention.
- PRACTICE GRATITUDE**: There is a direct relationship between practicing gratitude and physical health. Practicing gratitude improves physical health (more likely to practice self-care), reduces emotion (frustration, regret, hopelessness, depression, and self-esteem, self-compassion, resilience and a growth mindset).
- ASK FOR HELP**: Asking for help helps us to not feel so alone. It can reduce confusion, frustration, anger, sadness, and isolation of connectedness with others.
- ENGAGE THEN RELAX MUSCLES**: There are two different exercises in this toolbox: Rocks and Socks. Both coping skills relieve tension in the body, induce levels of the stress hormone cortisol (thereby reducing the stress).
- EXERCISE**: Exercise and moving decreases feelings of depression, induces a positive mood with the production and release of endorphins.
- THINK OF A HAPPY MEMORY OR PEACEFUL PLACE**: When we recall good times in our lives, it can help to reduce feelings of depression, block the release of the stress hormone cortisol, and activate the part of our brain which regulates our emotions.
- HELP SOMEONE OR DO A CHORE**: Helping others or doing a chore can increase our level of self-esteem and reduce stress.
- READ A BOOK OR LOOK AT FEEL-GOOD PICTURES**: All you warrior educators already know this (so for your choir): reading not only boosts intelligence, improves concentration, but it also can increase relaxation, decrease anxiety and depression.
- DRAW OR COLOR**: The quiet activity of drawing and/or coloring induces relaxation, triggers the production of positive brain chemicals like serotonin, endorphins and dopamine, increases focus and alertness, improves memory, builds problem solving skills, provides a sensory stimulation experience, and reduces feelings of stress.
- MINDFUL BREATHING**: Mindful breathing has both positive physical and mental/emotional benefits. Paying attention to our breath calms the nervous system, releases tension, oxygenates the brain, helps us to focus better, releases positive brain chemicals, elevates our mood, decreases physical pain, improves memory, reduces stress, and is an overall calming, natural "medicine".



There are not enough words to say how amazing this resource is... This is so well thought out and organized. You can tell the creator really understands childhood development and feelings... WholeHearted School Counseling could sell this for 20 or more dollars and it would still be worth the price. Get it while you can!
-Haley



Used in over 21,000 classrooms, homes & offices around the world!

If I could give this resource 100 stars, I would!! It's comprehensive and literally has **EVERYTHING** needed to implement a Calm Corner the same day. I teach third, and it's perfect for use from K-12 because the illustrations are not too childish. Great for ELs and non-readers as each strategy and tool comes with a visual. Absolutely outstanding- you can pay twice this for a resource that isn't nearly as comprehensive or well-done.

-Stephanie

