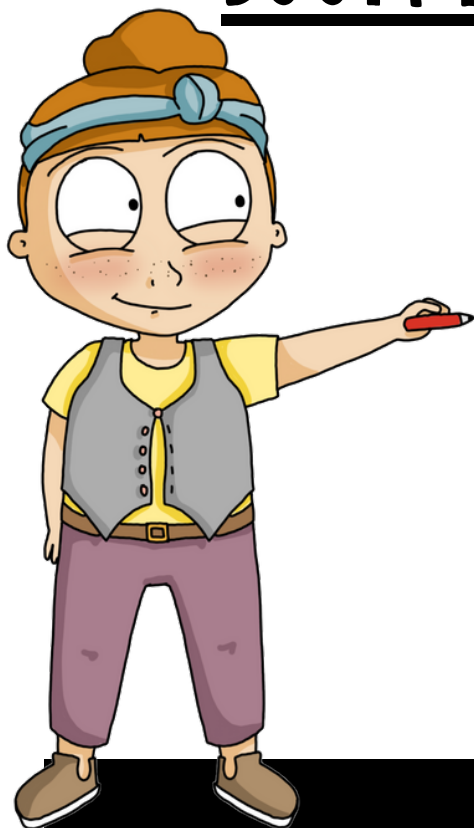
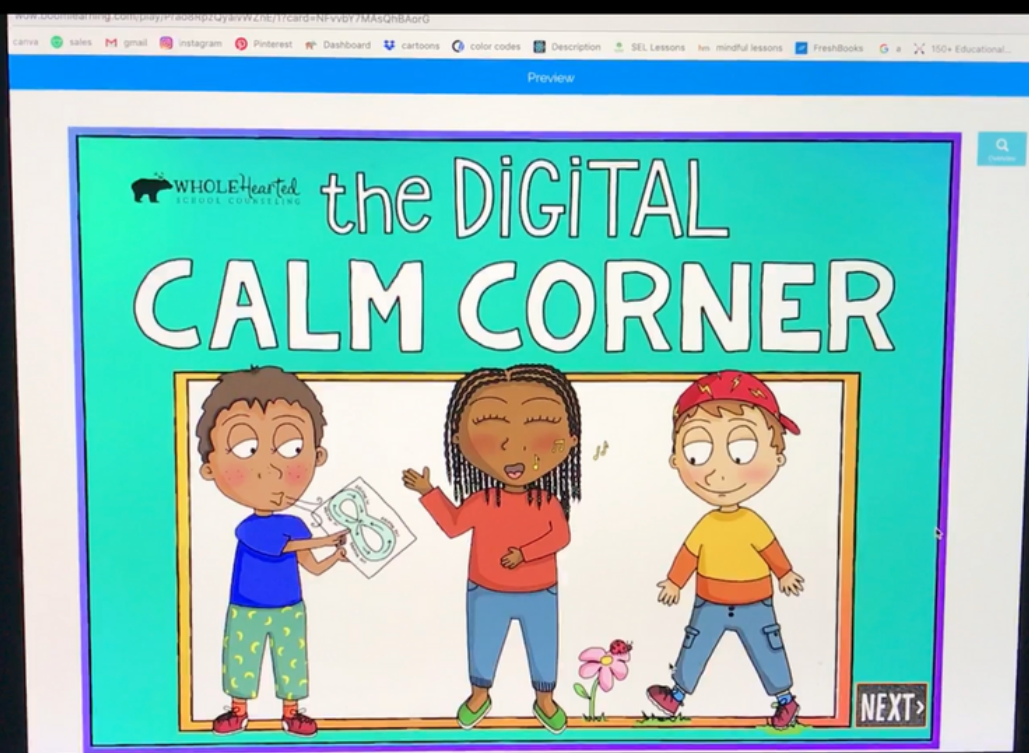


TEST OUT THE DIGITAL CALM CORNER at BOOM LEARNING™ RIGHT NOW!



[CLICK HERE!!](#)



THE DIGITAL CALM CORNER on GOOGLE SLIDES™

the DIGITAL CALM CORNER

WHOLEhearted

Next >

DRAG THE TREE NEXT TO WHAT YOU WILL DO OUTDOORS

I will unplug, go outside and:

- Play
- Watch the Clouds
- Do Yard Work
- Garden
- Go on a Walk
- Look for Treasures in Nature

Next >

HUG IT OUT

TRY IT!

1. Ask someone for a big hug! Aim for at least 20 seconds. A 20 second (or longer) hug will release oxytocin, a chemical which helps us to feel loved and connected.
2. You can hug yourself or stuffed animal, too! Just cross your arms in front of you, reaching your right arm to the left side of your body and your left arm to the right side of your body. Squeeze your arms or sides (or a stuffed animal) firmly for at least 20 seconds.
3. Take a deep breath, smile, and then relax arms.

Next >

LEGEND

- GREEN AND WHITE ARROWS: Point Out the Directions
- GOLD BOXES: Drag Zone and Answer Spaces
- NEXT BUTTON: Takes You to the Next Slide
- BACK BUTTON: Takes You to the Previous Slide

When you click on a NEXT or BACK BUTTON, a link just below it will pop up. Then click on that link.

TIP: Stay in the editing mode; the presentation mode won't let you do the interactive parts!

Next >

Someone who I can talk with about my thoughts and feelings is...

TYPE YOUR ANSWER

This is what I need to talk about:

TYPE YOUR ANSWER

Next >

I CAN SAY THROUGH TIGHT THINGS

I WILL SPEAK TO MYSELF WITH KINDNESS and remind myself that:

CHECK ALL THE BOXES THAT APPLY WITH AN "X"

- I am LOVABLE
- I am BRAVE
- I am confident
- I am kind
- I am happy
- I am smart

Another kind thing I can tell myself is...

TYPE YOUR ANSWER

Next >

RIGHT NOW I FEEL

READ THE FEELING CARD HERE

READ THE FEELING CARD HERE

I also feel...

TYPE YOUR ANSWER

Next >

Did you know that crying releases stress hormones?

CHECK THE BOX WITH AN "X"

YES NO

It's true! Crying is one of our body's natural ways to help us feel better (even if it feels uncomfortable to cry sometimes)

WITH A KIND AND GENTLE HEART, GIVE YOURSELF PERMISSION TO CRY.

Next >

An exercise I will try is:

CHECK THE BOXES WITH AN "X"

- Running in place
- Jumping Jacks
- Soccer
- Riding a Bike
- Squats
- Dancing
- Basketball
- Jump Rope
- Walking or Jogging
- Something Else
- Football

TYPE YOUR ANSWER

Next >

THE SIZE OF THIS PROBLEM IS:

Drag the star to the size of problem you are facing right now.

small Medium BIG

Next >

Some of my favorite, feel-good music to listen to is:

CHECK THE BOXES WITH AN "X"

- POP
- ROCK
- LATIN
- R&B
- COUNTRY
- PUNK
- CLASSICAL
- JAZZ
- NATURE SOUNDS

Some of my favorite musical artists or songs are:

TYPE YOUR ANSWER

Next >

TAKE 10 BREATHING BOARD

TRY IT!

BREATHE IN as you SLOWLY pick up a square

BREATHE OUT as you SLOWLY drop the square down

Next >

TO FEEL BETTER I WILL

1. Treat Myself with Kindness
2. Choose a Coping Tool to Use

CLICK ON THE COPING TOOL YOU WILL USE. A LINK WILL POP UP. CLICK ON THAT LINK.

Next >

Some of the stretches and yoga poses I will try are:

CHECK THE BOXES WITH AN "X"

- Downward Dog
- Warrior II
- Tree
- Chair
- Child's Pose
- Cobra
- Bridge
- Twisted Chair

Next >

A fidget or calming tool I can use is:

DRAG THE GLITTER STAR NEXT TO THE FIDGET OR CALMING TOOL YOU WILL USE.

- Stress Ball
- Weighted Blanket
- Bubbles
- Headphones
- Glitter
- Something Else
- Dough, Slime or Clay

TYPE YOUR ANSWER

Next >

Songs that I can sing, hum, play or dance to are...

TYPE YOUR ANSWER

Next >

Did you know that drinking water can reduce feelings of stress?

CHECK THE BOX WITH AN "X"

YES NO

It's true! This is because when you don't drink enough water, you will get dehydrated. Dehydration triggers your body to produce increased levels of the stress hormone called cortisol. So one way to keep stress levels down, is to drink water!

How many glasses of water should a person drink each day? If you guessed between 8-10, you're right!

Next >

I will read a:

DRAG THE STACK OF BOOKS NEXT TO WHAT YOU WILL READ (OR LISTEN TO)

- Comic Book
- Audio Book
- Graphic Novel
- Joke Book
- Chapter Book
- Something Else
- Felt Book

TYPE YOUR ANSWER

Next >

ROLLER COASTER BREATHING

TRY IT!

1. Slowly trace your left hand with your right index finger, starting where your hand and wrist meet.
2. As you trace each finger, breathe in as your finger curls up, and breathe out as your finger slides down.
3. Pretend that your finger is a SLOW roller coaster car, going very, very slow up and down the tracks.
4. After you have traced your entire hand, switch hands and try it again.

<BACK

NEXT >

WALL PUSH-UPS

TRY IT!

1. Stand next to a wall.
2. Place your feet forward and palms flat against the wall.
3. For the next 5-10 seconds, push against the wall with all of your strength.
4. Then relax your body.
5. Do this exercise 3-5 times.

<BACK

NEXT >

Someone who can help me is...

TYPE YOUR ANSWER

I can ask them for help by...

DRAG THE PHONE NEXT TO HOW YOU WILL COMMUNICATE

calling or texting them

writing them a letter

emailing them

Now Try It!

<BACK

NEXT >

Describe a happy memory or peaceful place (real or imagined).

TYPE YOUR ANSWER OR JUST CLOSE YOUR EYES AND VISUALIZE IT!

<BACK

NEXT >

These are 3 Things I am Grateful For

TYPE YOUR ANSWER

#1

#2

#3

NOTICE HOW YOU FEEL WHEN YOU FOCUS ON WHAT YOU ARE GRATEFUL FOR.

<BACK

NEXT >

5-4-3-2-1 GROUNDING

TRY IT!

1. Take a slow, focused breath and zoom your attention to the present moment.
2. Taking your time, notice and list:
 - 5 things you SEE
 - 4 things you FEEL
 - 3 things you HEAR
 - 2 things you SMELL
 - 1 thing you TASTE
3. Take 3 more slow, focused breaths and just be still for a moment or two longer.

<BACK

NEXT >

DRAG THE MARKERS NEXT TO THE ART OR CRAFT ACTIVITY YOU WILL DO.

I will:

Color

Sew, Weave, Crochet, or Knit

Make a Collage or Scrapbook

Draw

Paint

Something Else

Sculpt with Clay or Dough

TYPE YOUR ANSWER

NOW CREATE!

<BACK

NEXT >

DRAG THE TOY NEXT TO STEM ACTIVITY YOU WILL DO.

I will...

Build with Bricks or Blocks

Solve a Puzzle or Maze

Invent Something

Figure Out How Something Works

Use Recycled Materials to Create Something

Something Else

TYPE YOUR ANSWER

NOW TRY IT!

<BACK

NEXT >

After trying this coping tool I FEEL BETTER

CLICK YOUR ANSWER. A LINK WILL POP UP BELOW THE "YES" OR "NO" BUTTON. CLICK ON THAT LINK.

YES

NO Not Really

<BACK

ROCKS & SOCKS

TRY IT!

1. Take in a deep, strong breath and make fists with your hands.
2. Squeeze your hands with so much force, it is as if your strength can transform your fists into solid, indestructible rocks.
4. When you can't stand it any longer, exhale and release your fists.
3. 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!

<BACK

NEXT >

OCEAN WAVE BREATHING

TRY IT!

1. Cover your ears with your hands.
2. Close your eyes.
3. Take long and slow in-breaths and out-breaths.
4. Zoom your attention to the sounds that your breathing makes.
5. Visualize peaceful ocean waves rolling slowly back and forth towards the shore.

<BACK

NEXT >

I WILL TRY ANOTHER COPING TOOL

CLICK ON THE NEXT COPING TOOL YOU WILL USE. A LINK WILL POP UP. CLICK ON THAT LINK.

<BACK

DRAG THE JOURNAL NEXT TO WHAT YOU WILL WRITE ABOUT.

I will write...

About How I Feel So What I'm Thinking

My Hopes, Goals and Dreams

A Happy Memory

Something Funny

Something that Just Happened

A Letter to...

TYPE YOUR ANSWER

Some Solutions to a Problem I am Having

NOW WRITE!

<BACK

NEXT >

I will help someone by...

CHECK THE BOX WITH AN "X"

Saying Something Kind and Encouraging

Being a Good Listener

Helping to Clean Up

Something Else

Sharing with Them

TYPE YOUR ANSWER

A chore I can do is...

CHECK THE BOX WITH AN "X"

Cleaning (bathing, wiping, sweeping)

Gardening & Yardwork

Organizing or Decluttering

Something Else

Take Care of Our Animals!

TYPE YOUR ANSWER

NOW TRY IT!

<BACK

NEXT >

I FEEL

CHECK THE BOX WITH AN "X"

HAPPY

BRAVE

PEACEFUL

CALM

SAFE

HOPEFUL

GREAT

GOOD ENOUGH

I AM READY TO RETURN

<BACK

NEXT >

Includes 25 different Coping Tools and Mindfulness Activities to Help Children Feel Calm