

# PORTABLE CALM CORNER



Right now  
**I FEEL**

and I will remember that  
ALL feelings are okay.

THE SIZE OF THIS  
PROBLEM IS:

small 

MEDIUM 

BIG 

 BORED	 DISAPPOINTED	 STRESSED OUT	 SURPRISED
 SILLY	 SCARED	 GRUMPY	 SAD
 ANGRY	 SHY	 LONELY	 ANXIOUS
	 DISTRACTED	 TIRED	 EMBARRASSED
 HURT	 ANNOYED		 CONFUSED

**TO FEEL  
BETTER**

 Draw or Color

# This **effective** **CLASSROOM MANAGEMENT TOOL**

helps students to:

- name their feelings
- identify the size of the problem
- choose a classroom-appropriate coping tool
- get calm and focused



# COMES WITH:

✓ Awesome Visual Supports

✓ 20 Coping Tool Choices including 4 breathing exercises

✓ Interactive Positive Self-Talk Tool

✓ Bonus Feelings Poster and Checklist

## HOW DO YOU FEEL?

ANGRY	BORED	CONFUSED	CURIOUS	DISAPPOINTED
BARRASSED	EXCITED	GRUMPY	HAPPY	ANXIOUS
SHY	SAD	SCARED	SILLY	SILLY
PEACEFUL	STRESSED OUT	BRAVE	FOCUSED	TIRED

## CHECK-IN TOOLS

## BREATHING BOARD

BREATHE IN

BREATHE OUT

BREATHE OUT

Use the arrows with your finger. Start in the center and breathe in. When you cross over to the other side, breathe out. Keep going until you feel more calm.

**Squeeze Then Relax My Muscles**  
"Socks & Socks"  
Zooming all my strength into my fists, it's my hands zooming into my hands. Then my hands angle socks.

**Wave Breathing**  
Place my hands over my ears and breathe slowly and deeply listening to the sound that my breath makes.

**USE POSITIVE SELF-TALK**  
What do you need to tell yourself right now?

I am **LOVABLE**.

I am **STRONG** enough to handle hard things.

**I AM SAFE.**

**I AM BRAVE.**  
Mistakes help me to **LEARN** and **GROW**.

I AM IN CHARGE OF MY **THOUGHTS**.


# WAYS TO USE

- ✓ Effective classroom management tool for all students
- ✓ Individual intervention for students who need additional support with self-regulation
- ✓ Allow students who need additional support to take it to different classes
- ✓ Acts as a stand alone Calm Corner or used as additional Calm Corner tool
- ✓ Check-In and Check-Out resource
- ✓ Great for classroom, counseling office, Break Areas, and at home use, too!


## TO FEEL BETTER I WILL

treat myself with kindness and...


If you see this rainbow check out the back side of this folder



Use the Breathing Board




I AM READY TO RETURN














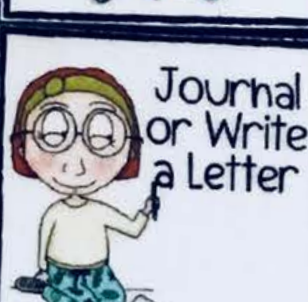






yes NO

Use a Tool from the Calm Box



I WILL TRY ANOTHER COPING TOOL

I FEEL

 <p>Draw or Color</p>		 <p>Stretch or Do Yoga</p>	 <p>List 3 Positive Things I Am Grateful For</p>
 <p>Get a Drink of Water</p>	 <p>Give Myself or a Stuffed Animal a Big Hug</p>	 <p>Use Positive Self-Talk</p>	 <p>Quietly Exercise</p>
	 <p>Read a Book or Look at Feel-Good Pictures</p>	 <p>Do 5 Finger Breathing</p>	 <p>Think of a Happy Memory or Peaceful Place</p>
 <p>Squeeze Then Relax My Muscles</p>	 <p>Journal or Write a Letter</p>	 <p>Ask for Help</p>	 <p>Push Against the Wall and Then Relax</p>
 <p>Build Something or Do a Puzzle</p>	 <p>Do Wave Breathing</p>	 <p>Help Someone or Ask to Do a Classroom Chore</p>	 <p>Take Slow, Deep Breaths &amp; Just Sit with My Feelings</p>

I wish I could give this 1,000 stars, I absolutely love it!  
-mskayesprek

How much do I love this resource!?!... They all love to pick their favourite calm down activity and are so proud to come back and tell me they are ready to learn!  
-Maura

USED IN OVER 10K CLASSROOMS & HOMES

