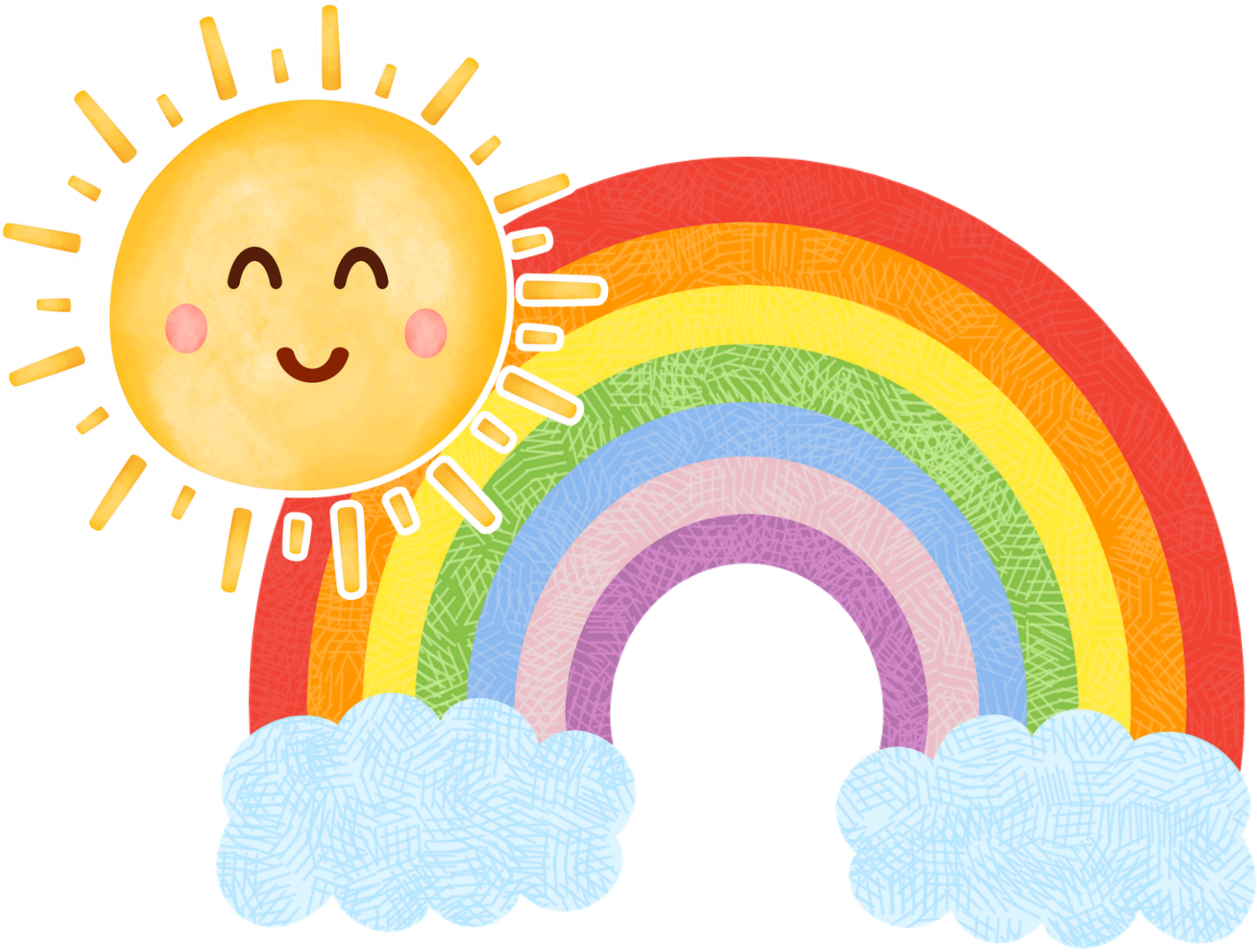
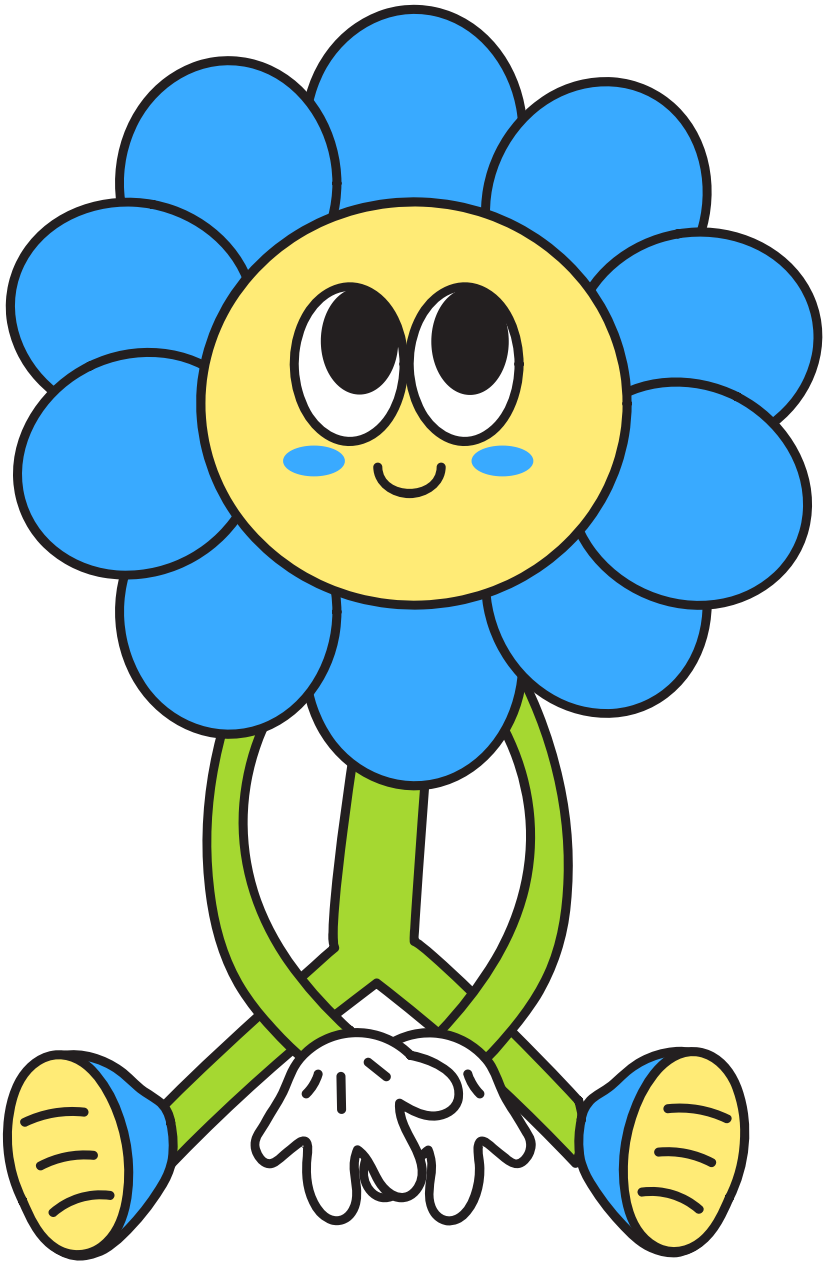
This is Your



Calm Corner

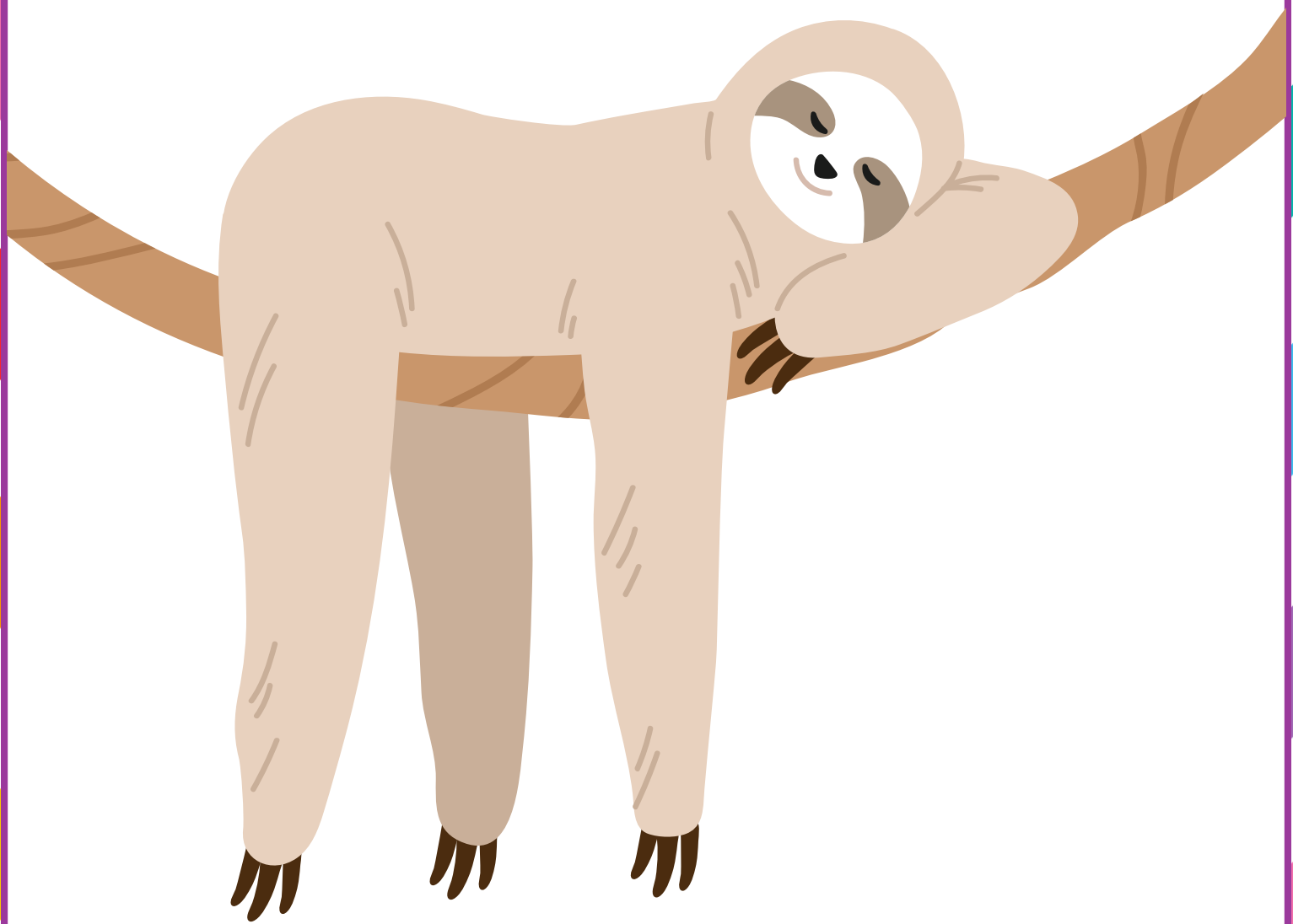


Take a Break, Feel Your Best!



A Cozy Spot for Big Feelings

Breathe
Relax
Smile



I AM KIND

I AM BRAVE

I AM INTELLIGENT

I AM CAPABLE

I AM LOVED

I AM UNIQUE

I AM APPRECIATED

I AM IMPORTANT

I AM STRONG

tools to help you calm down



Take 3 slow breaths



Count to 10



Color something



Listen to calming music



Hug a stuffed animal



Imagine your happy place



Stretch



Read a book



Play with a pet

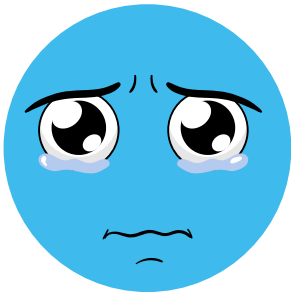
Rainbow Breathing



Place your finger on the left side of the rainbow. Trace the red arch as you breathe in. Exhale as you trace the orange arch of the rainbow backwards. Repeat these steps as you trace each arch of the rainbow.

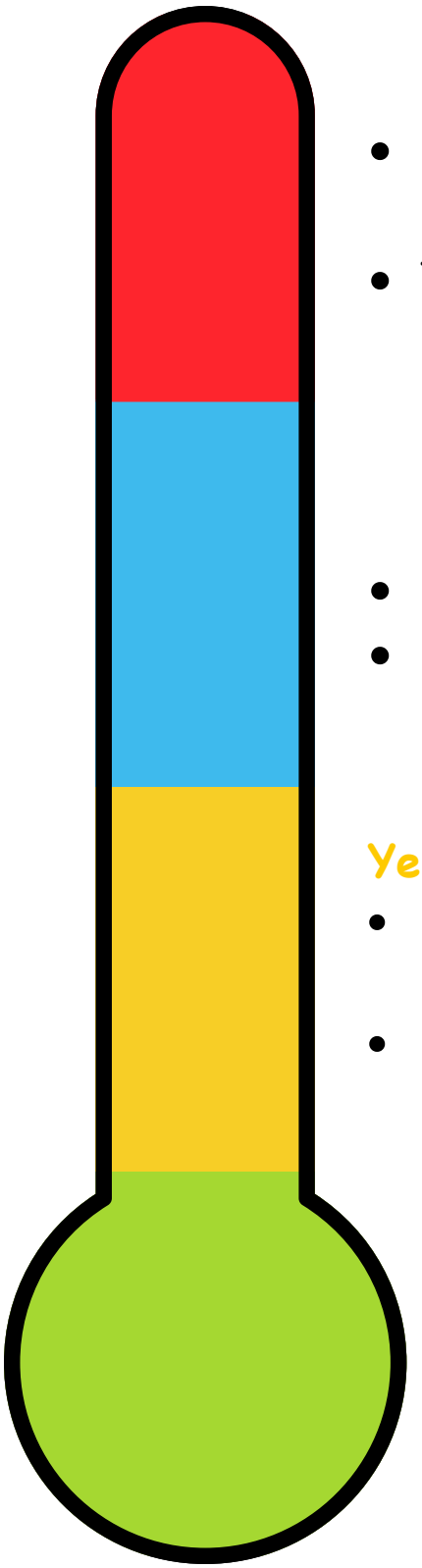
How are you feeling?











Red Zone: Big Emotions

- Feeling angry, frustrated, or overwhelmed
- Time to cool down and breathe

Blue Zone: Low Energy

- Feeling tired, sad, or bored
- Could use a cozy rest or hug

Yellow Zone: Wiggly or Worried

- Feeling restless, excited, or nervous
- Need a quick break or calming activity

Green Zone: Just Right

- Feeling calm and focused
- Ready to learn or play

5-4-3-2-1 CALM



Find 5 things you see.



Find 4 things you touch.



Find 3 things you hear.



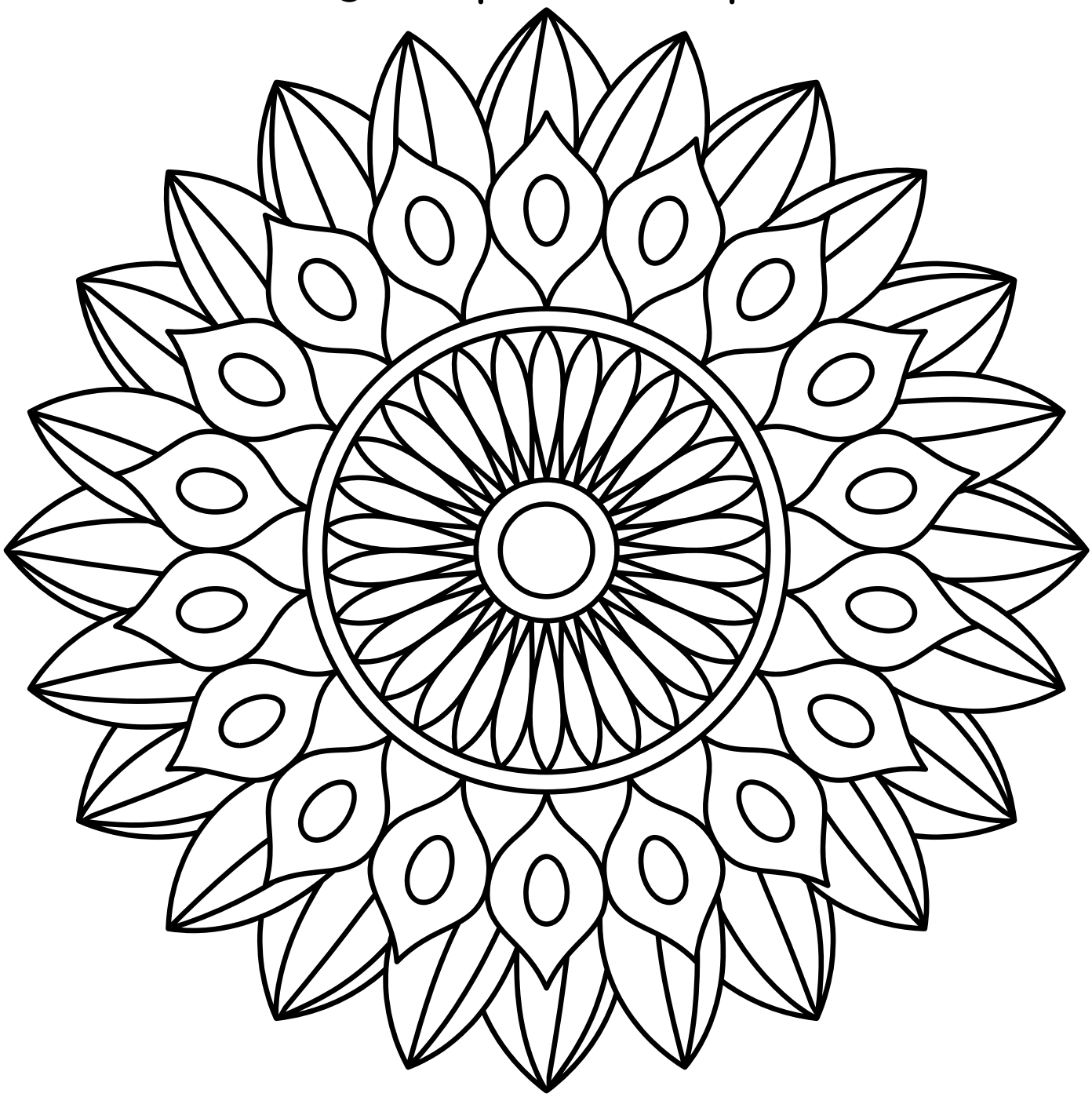
Find 2 things you smell.



Find 1 thing you taste.

Color Your Calm

Take a deep breath and
find your peaceful place.



Fill in the patterns with your favorite colors.
Let your mind rest as you color.

Before You Speak

THINK

T- is it TRUE?

H- is it HELPFUL?

I- is it INSPIRING?

N- is it NECESSARY?

K- is it KIND?