

CALM DOWN CORNER

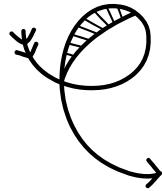
CALMING STRATEGIES FOR LITTLE LEARNERS TO CALM THEIR BODIES AND FEEL BETTER

Ways to use this activity:

- While you are setting up for back to school designate a spot in your room to be the Calm Down Corner. Laminate the visuals and strategy Menu and get the calming tools ready to use.
- At the beginning of the year when you feel like your class is ready introduce the Calm Down Corner. Show the area to your students and go through the big book all about the Calm Down Corner and its purpose.
- Take a few days to introduce and model each strategy. I like to start with 2-3 strategies and then as they year goes on I introduce more strategies for my class to use.
- Think about how much time you will allow a student to be in the calm down area. I also like to tell my students one student at a time. I have a 5 minute sand timer that I keep in my calm down area so that a student can visually see how much time is left.
- After the Calm Down Corner is open allow students to use it when they are upset and need to calm their bodies. Included is also a parent connection sheet where they can circle the strategy they used so that parents stay connected and can use the same strategy at home if needed.
- Social Distance: Laminate the serenity strips and tape to tables or desks for students to be able to calm down during social distance guidelines.

What's Included:

- Calm Down Menu
- Calm Down Picture Cards to put a on binder ring
- Calm Down half Sheet Visuals
- Calm Down Corner Big Book to use as you introduce the area
- Parent Connection Sheet to have your students circle and take home to show what strategy they used to feel better
- Calm Down Corner Signs
- Serenity Strips for Desks or Tables

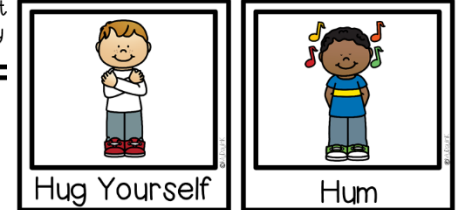
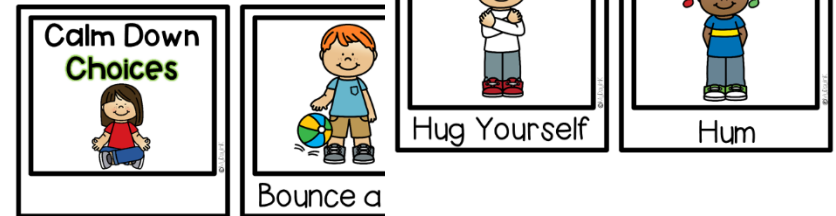


Calm Down Menu

Laminate and put on a binder ring for students to choose their calming strategy

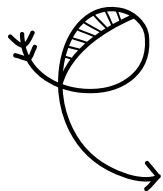


Laminate and put on a binder ring for students to choose their calming strategy



Calm Down Corner

A place to calm your body when you feel upset



Calm Down Corner Sign

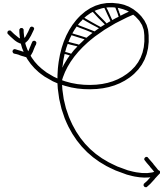


Calming Strategies to laminate and put on a binder ring



Calm Down Corner

Calm Down Strategies Half Sheet Posters



Name: _____

Today I was feeling upset and went to the Calm Down Corner to calm my body and feel better.

I used the following strategy to help me calm down: (Circle One)

If I ever feel upset at home I could use this strategy as a way to calm down. It made me feel better and I was able to join my class and start to work!



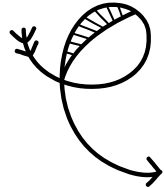
Bounce a Ball



Color



Count and Breathe

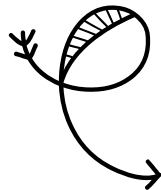


Parent Connection Sheet to send home

Calm Down Corner



...s and emotions. Sometimes we might have feelings that make us upset and we need to take a break to calm down. We use the Calm Down Corner as a quiet place to calm our bodies.



Calm Down Corner Big Book to introduce your center

Serenity Strips for tables or desks for individual calm down station

<p>IF I am feeling upset mad angry Frustrated</p>	<p>I can... Take a few deep breaths</p>	<p>I can... Trace the rainbow and breathe</p>
	<p>I am Feeling angry confused disappointed sad mad surprised</p>	<p>I can... Trace the waves</p>
<p>IF I am feeling upset mad angry Frustrated</p>	<p>I can... Pop the bubbles and breathe</p>	<p>I can... Take big breaths and blow out each candle</p>
	<p>I am Feeling angry confused disappointed sad mad surprised</p>	<p>I can... Trace the waves</p>