

HOW TO CREATE A CALMING CORNER

Creating the Space:

- Your calming corner does NOT necessarily have to be in a corner, but it does need to be in a *safe spot away from the eyes of other kids* as much as possible. It's hard to relax when people are looking at you!
- There should be a *sense of comfort* in the area. You can accomplish this through a bean bag, chair, pillows, or stuffed animal friends.
- *Posters* are an important addition. When students enter the calming corner, they are NOT yet regulated. The goal is for them to regulate themselves independently. Posters that lead the way are imperative. You'll have to keep these posters simple with clear language so they're easy to follow. This resource includes posters.
- It's important to *provide tools for students* to use as they need. You'll use the cards in this resource as student tools. You can also include other tools such as fidgets, a calm down jar, a breathing ball, etc.

Prepping this Resource:

- Step 1: Decide if you want to print in color or black & white. If you choose black & white, I recommend having the students color them for you. That gives them a sense of partnership and ownership in creating the calming corner.
- Step 2: Punch holes in the student strategy cards and connect them with rings. There are three sets: breathing cards, moving cards and positive affirmation cards.
- Step 3: Trim the counting poster and attach it at the middle so it counts 1-10 from top to bottom.

Using this Resource:

- Step 1 – Posters: There are 4 posters in this resources. The first 4 should be hung together. You'll teach your students to look at these first when entering the calming corner.
 1. They will need to read step one – “Choose to pause” and place their hand on the stop sign as a physical reminder to pause before losing control.
 2. When ready, they will read step two – “Choose a strategy” and follow the directions. If needed, they can choose another calming strategy until regulated.

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Preparing your Class:

The introduction of the calming corner is very important. Without the proper introduction, modeling and practicing, the area will become more of a play area or will be ignored completely.

My recommended progress is:

1. Start by introducing the purpose of the area and what students will find there. Start with only 1-3 tools in the area. Once they master using those, you can introduce and add another.
2. After you've given the class a tour, model how the area should be used. During your modeling, it's important to say your thoughts out loud so they can hear. It might sound like this: "I'm so mad I lost that math game! It's not my fault I can't add as fast as Jenna. I'm feeling out of control and want to scream at her or throw the cards! I better go to the calming corner and *choose to pause* before I get out of control..." Continue talking through how you decide which tool to use and how you would use that tool.
3. Next, give students a scenario and allow a couple students to act out how they would use the calming corner.
4. After this, you'll want to make a schedule so every child gets some time "trying out" the calming corner throughout the day. This will help remove the novelty of the area so you can get to using it appropriately more quickly. (As you add new tools, you'll want to make sure everyone gets time trying out that tool also.)
5. Finally, your class will be ready to use their calming corner! Be sure to keep a close eye, while still giving students space to build independence, to ensure they're regulating while using the space.

calming corner
posters

CALMING SPACE





1. CHOOSE TO
PAUSE



2. CHOOSE A
STRATEGY



STOP

CALMING STRATEGIES

BREATHING



MOVING



**POSITIVE
THINKING**



COUNTING



*student calming
tools*

MOVING STRATEGY CARDS

1. Choose one card.
2. Use the time spent moving to find your calm.

TAKE A WALK



GET A DRINK



STRETCH



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2. Use the time spent moving to find your calm.

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GET A DRINK



STRETCH

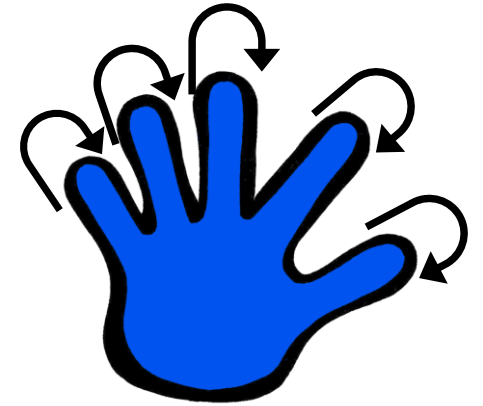


BREATHING STRATEGY CARDS

1. Choose one card.
2. Practice that breath slowly 6 or more times – until you feel calm.

ROLLERCOASTER BREATH

Up the hill
Over the hill
down the hill
repeat

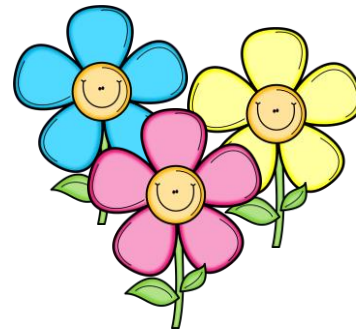


RAINBOW BREATH



Arms Up – Arms Down

CANDLE BREATH



Smell the
flowers.



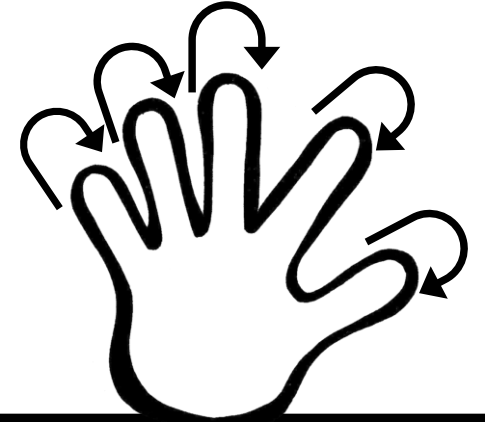
Blow out the
candle.

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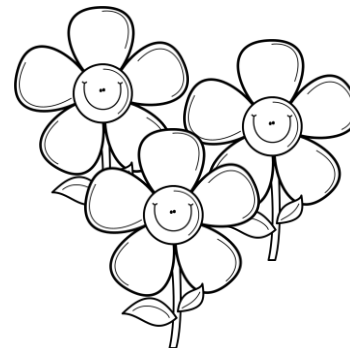


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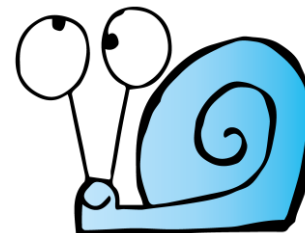


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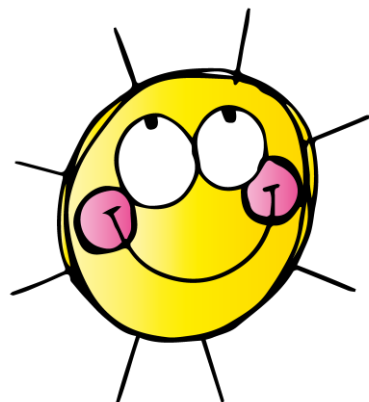
POSITIVE SELF-TALK CARDS

1. Choose one card.
2. Read the card to yourself out loud or in your head 3 times.

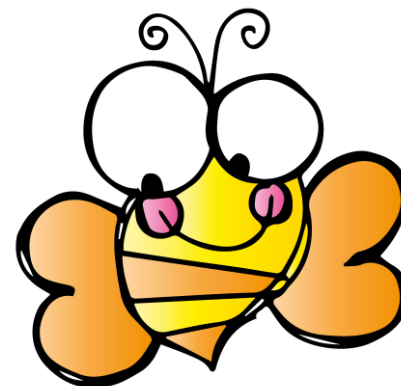
I CAN KEEP TRYING. I AM RESILIENT.



I CAN DO MY BEST.



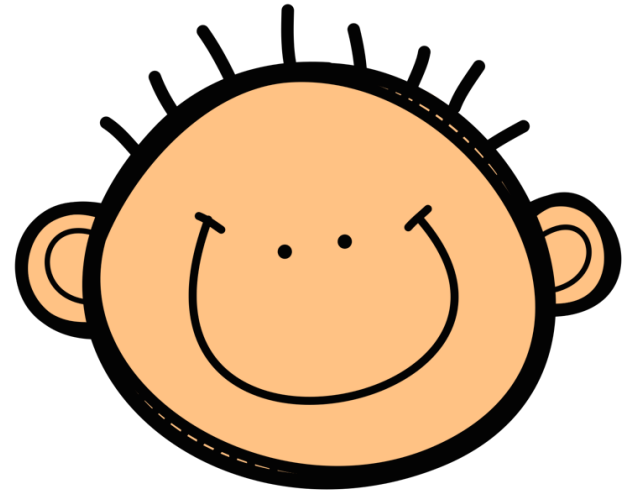
I CAN "BE" MYSELF.



**I AM A GOOD
FRIEND.**



I AM UNIQUE.



**I CAN DO
ANYTHING.**



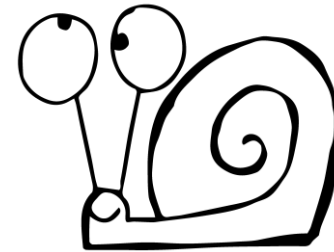
**I CAN SOLVE
PROBLEMS.**



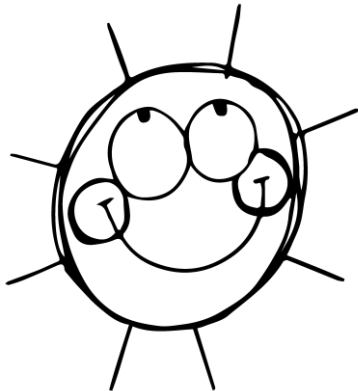
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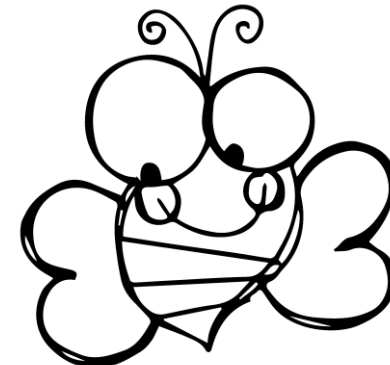
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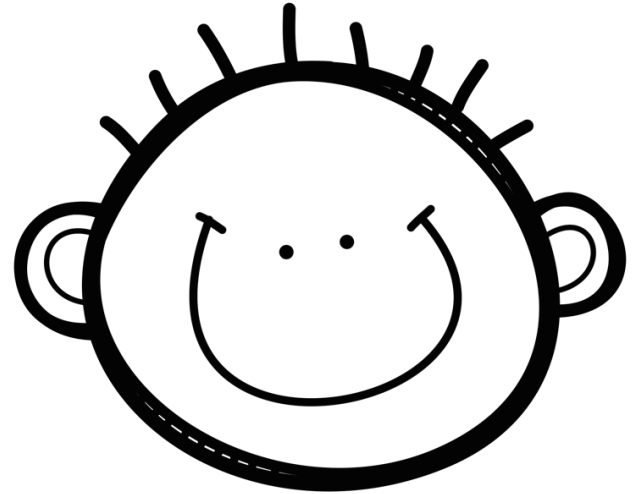
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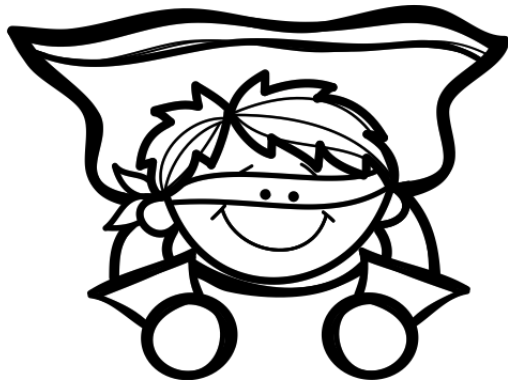
**I AM A GOOD
FRIEND.**



I AM UNIQUE.



**I CAN DO
ANYTHING.**



**I CAN SOLVE
PROBLEMS.**



COUNT

1 - 10

1

2

3

4

5

6

7

8

9

10

COUNT

10 - 1

COUNT

1 - 10

1

2

3

4

5

6

7

8

9

10

COUNT

10 - 1

CREDITS



Thank You!