



# Calming Corner Resources:

## Hello Caring Grown-Up!

I would like to invite you to create a calming corner for your child. A calming corner is a small designated space for a child to go when they are feeling intense emotions. Having a calming corner in your home helps your child learn self-regulation. The calming corner can be used for when your child needs a break from distance learning, has a tantrum, or feels overwhelmed with an activity.

First, you will need to find a corner in your home! The corner must be:

- safe
- away from busy spaces
- easy to access for you and your child

Things you will need:

- pillows and/or blankets
- A mirror
- Books
- Don't forget your *Calming Corner Resources!*

The best way to implement the calming corner in your home, is to take time and talk to your child about the purpose and the calming corner steps. Make sure to model each step for child, especially for your younger kids.

- **Step 1** is when we stop and think about how we feel. Make sure to explain all the emotions on page 4 to your child. Associate the emotions with the colors.
- **Step 2** is when we look through our "tool box" aka calming strategies and pick one to do. Before starting, make sure to practice all the strategies with your child first and have them choose at least 6 strategies to post in their calming corner.
- **Step 3** is when we practice our calming strategies, and reflect. Explain to your child that their strategies may not work all the time and sometimes they might need to do more than one calming strategy to feel better.

**Practice all these strategies with your child. Ask them to choose 6 for their calming corner. Then have them cut and paste their favorite strategies on page 5.**



Breathe



Count to 10

Hug a stuffed animal or pillow



Read a book



Think of your happy place



Dance

Color or Draw



**Look around you:**

Find 5 colors 

Find 4 shapes 

Find 3 soft things 

Find 2 people 

Find 1 book 

Hug yourself

and say

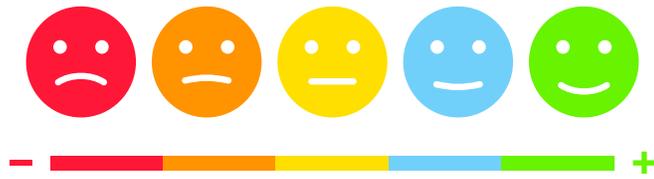
positive

affirmations



step **1**

# Feelings Check-In



step **2**

# Check Your Tool Box



step **3**

# Practice

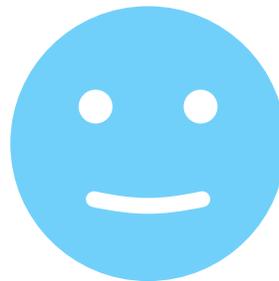


# 1

step

# Feelings Check-in

How do you feel?



- Angry
- Intense feelings
- Panicked

- Frustrated
- Confused
- Stressed

- Excited
- Silly
- Anxious
- Nervous

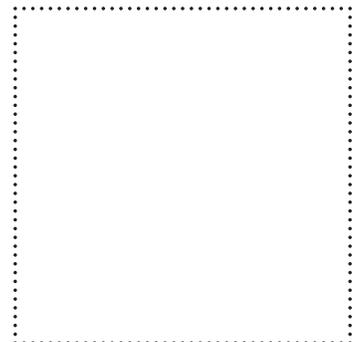
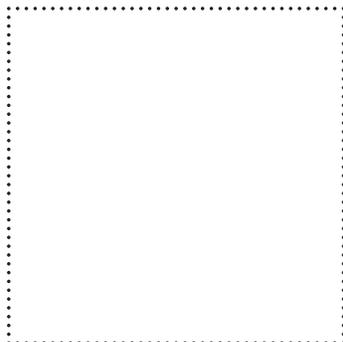
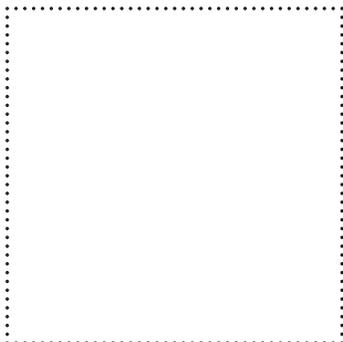
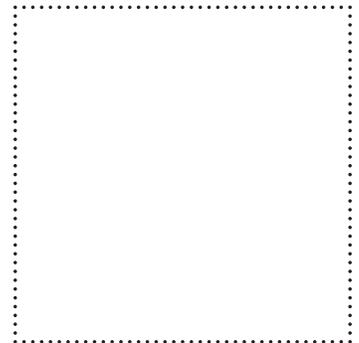
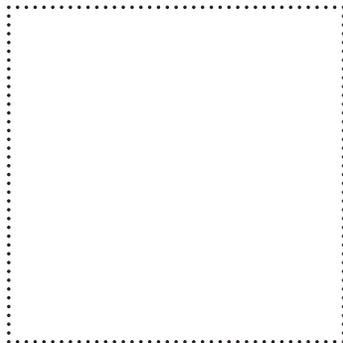
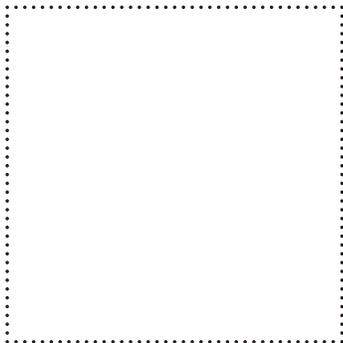
- Sad
- Tired
- Sleepy
- Upset

- Calm
- Happy
- Alert
- Engaged



step  
**2**

# Check Your Tool Box



# 3

step

## Practice



*When you choose a tool from your tool box, practice it on your own or with a grown-up*

**If it does not help, try another tool!**



*Once you are done, do another quick feelings check-in:*

**How do you feel now?**

