

Corner of Calm

- 1. Check if the corner is available (place the cone at your seat)**
- 2. Read the Calm Corner Rules**
- 3. Set the timer for 5 or 10 minutes.**
- 4. Choose from the calming tools**
- 5. Rejoin the class (remove the cone from your seat and return it)**



Calm Corner Rules



Mouth is quiet



Ears are listening



Body is calm



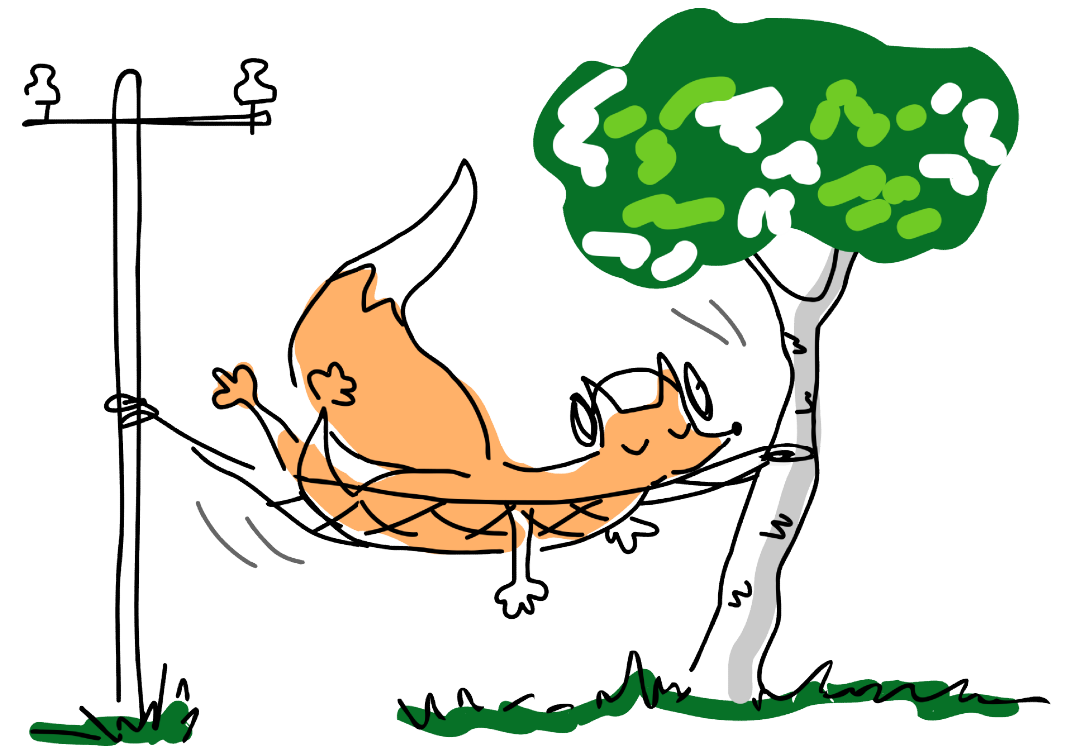
Hands are careful with supplies



Eyes see and return all supplies where they belong

CALMING TOOLS

- *Choose 1, of the 5, small breath cards
- *Choose 1 of the 4 large breath cards
- *String beads
- *Calming stick
- *Color with scents
- *Choose 3 of the techniques on the poster
- *Read a magazine
- *Reflect on your emotions (feeling poster/mirror)



How are you feeling?

Think about how you are feeling and why you feel that way.

Think about what you could do to change your emotions.