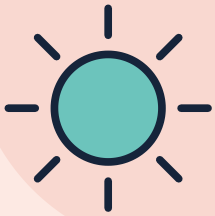
AGES 4–12 ACTIVITY

Create a Calm-Down Corner



WHAT THIS IS

A calm-down corner is a cozy place to go when feelings get big. It is not a punishment. It is a reset.

HOW TO USE IT

1. Pick a quiet corner with a grown-up.
2. Choose items from the list.
3. Draw how your corner will look.

EXAMPLE

"My corner has a beanbag, a stuffed owl, headphones, and my calm cards."

Items to include

- [ ] Soft pillow or beanbag
- [ ] Stuffed animal
- [ ] Calm-down cards
- [ ] Feelings chart
- [ ] Coloring and paper
- [ ] Stress ball or putty
- [ ] Calm jar
- [ ] Soft blanket
- [ ] Headphones
- [ ] Book

Our corner rules

- [ ] I can go there when I need to.
- [ ] I can stay until I feel ready.
- [ ] I can ask a grown-up to sit with me.
- [ ] We never use it as punishment.

Our rule ideas:

_____

_____

DRAW MY CALM-DOWN CORNER

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