

BEFORE & AFTER SCHOOL · PRE-K TO GRADE 2

Before-School Settling Pack

For children who need a calm landing

Why this matters

Some children arrive at school already overwhelmed — busy mornings at home, anxiety about the day, or sensory overload. Forcing them straight into the bustle of a classroom can derail the whole day. A predictable, calm 15-minute transition activity gives them a soft landing. These pages are designed for that — quiet, no-pressure, repetitive in a comforting way.

Five soft-landing activities

1 — Color a mandala Slow, repetitive coloring is one of the most calming activities for an anxious child. A printable circular pattern works well.	2 — Build with cubes / Lego Open-ended building. No goal. No 'right answer'. Just hands and shapes and quiet.
3 — Read in a quiet corner A reading nook with familiar books. Re-reading favorites is more calming than new ones.	4 — Drawing prompt A simple one-line prompt: 'Draw your favorite breakfast'. Low-pressure, expressive, no wrong answer.
5 — Watering / classroom job If you have classroom plants, fish, or a tidy-up routine — early children get FIRST PICK. Useful, calm, structured.	



How I'm feeling today

Color the face that matches how you feel right now. (Print smiley/sad/worried/excited faces — child colors one. Adult notices but doesn't probe.)

Today I'd like to...

Three small wishes for your day. They don't have to be school-related.

