

BEHAVIOR · EYFS-Y4

Calm Corner

5 steps to feel better

You Feel Big Feelings

Try these in order

- 1. NOTICE: What am I feeling? Angry? Sad? Worried? Just notice.
- 2. BREATHE: Take 5 slow breaths. In for 4, out for 6.
- 3. SQUEEZE: Hold a sensory toy or hug a cushion.
- 4. NAME IT: Tell yourself or an adult what's happening.
- 5. CHOOSE: When you're calmer, choose what to do next.
- It's OK to take time. It's OK to ask for help.
- Big feelings always pass.

