

SEL · GRADES K-2

# Calm-Down Corner

A safe space for big feelings

## How are you feeling?

Point to the feeling that's biggest

<input type="checkbox"/>	<input type="checkbox"/> Happy
<input type="radio"/>	<input type="checkbox"/> OK
<input type="checkbox"/>	<input type="checkbox"/> Sad
<input type="radio"/>	<input type="checkbox"/> Angry
<input type="checkbox"/>	<input type="checkbox"/> Worried
<input type="radio"/>	<input type="checkbox"/> Tired
<input type="checkbox"/>	<input type="checkbox"/> Frustrated
<input type="radio"/>	<input type="checkbox"/> Need a hug

## Try one of these

When the feeling feels too

<input type="checkbox"/>	Take 5 slow breaths (in for 4, out for 4).
<input type="radio"/>	Squeeze your hands tight, then let go. Repeat 3 times.
<input type="checkbox"/>	Hug yourself and rock gently from side to side.
<input type="radio"/>	Look out the window and name 3 things you can see.



- Push your hands flat against the wall as hard as you can for 10 seconds.
- Count backwards from 10 to 1, slowly.

## When you're ready...

Steps to return to class

- Notice your body. Is it calmer? (No rush.)
- Take three more deep breaths.
- Choose your seat slowly and quietly.
- Pick up where the class is now — don't worry about what you missed.
- If you still feel a big feeling, raise your hand or whisper to your teacher.

