

Calm corners are beneficial environments to provide a child with a supportive and comforting area to navigate feelings in a safe space. Helping children create self-regulating skills and calming strategies will help those childhood tantrums and give them the skills to succeed in the future. Whether they are worried at home, in the classroom, or a hospital- making sure they have the tools to cope when they feel sad, impulsive, distracted, worried, or upset will help everyone.

Supplies

Sensory poppers
Pom Poms
Snowglobe
Timer
Dolls
Feeling Flashcards
Yoga cards
Mindfulness cards

Books We Love

I Am Human
I Can Handle It
Ruby Finds A Worry
Fiona's Feelings
Breathe Like A Bear
The Yoga Game By The Sea
The Yoga Game In The Garden



As you work on this craft, listen to Breathe In, Breathe Out

Conversation starters

Focus on the senses:
Right now I see...
Right now I hear...
Right now I am touching...
Right now I smell...
Right now I feel...