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Calm Down Corner *Kit*

A kid-facing poster on top, a grown-up setup guide below. One page, one cozy spot where big feelings get smaller.



1 PRINT THIS PAGE · 2 PIN THE TOP HALF AT KID EYE LEVEL · 3 KEEP THE BOTTOM HALF FOR GROWN-UPS

FOR THE WALL OF YOUR CALM CORNER

My Calm Down *Steps*



1 Notice

My body is telling me something.
Fast heart? Tight tummy? Wiggly legs? That is my signal, not trouble.

2 Breathe

3 balloon breaths.
I fill my belly up like a balloon, then let the air out slooowly.

3 Choose

Pick one calm tool.
A squeeze, a snuggle, the feelings chart. Just one is enough.

4 Return

Come back when my body is ready.
Soft shoulders and slow breaths mean I am ready to go back.

CUT OR FOLD HERE · POSTER ABOVE, GROWN-UP GUIDE BELOW

SETUP · 10 MINUTES

What goes in the corner

- **A soft seat.** A beanbag, floor cushion, or small rug that clearly marks the spot.
- **2-3 fidgets or one stuffed animal.** Enough to soothe, not enough to become a toy bin.
- **A feelings chart.** Pointing at a face is easier than finding words mid-storm.
- **A breathing poster.** The top half of this page is made for exactly that.
- **A small timer.** A 3-5 minute sand timer lets kids feel "almost ready" arrive.

KEEP IT SIMPLE

Fewer things beat more things. A crowded corner quietly turns into a play corner.

THE PART MOST PEOPLE SKIP

The rules that make it work

- **It is a reset spot, never a punishment.** The corner loses its magic the first time it is used as a consequence.
- **Kids can choose to go.** Walking there on their own is the exact skill you are building.
- **Grown-ups invite, not send.** Try "Would your body like the cozy corner?" instead of "Go calm down."
- **Practice while calm.** Tour the corner, test each tool, and rehearse the four steps on a good day.

WHY IT MATTERS

Calm skills do not install mid-storm. Rehearsed on good days, they show up on hard ones.

WHEN YOU INVITE

"Your body looks like it is working hard. The cozy corner is there if you want it."

WHILE THEY ARE THERE

"Want me to sit with you while you take your balloon breaths?"

WHEN THEY RETURN

"You came back when you were ready. You calmed you - that was all you."

Printed from anxietyaidtools.com
Free interactive calm tools for kids and grown-ups - breathing guides, bubbles, and calming sounds.

A calm down corner helps with everyday big feelings. It is not a substitute for professional care - if a child is struggling often, their pediatrician or a child therapist is the right next step.