

# 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."