

# CALM CORNER

WELCOME TO OUR CALM CORNER POSTER PACK! DESIGNED WITH CARE FOR CLASSROOMS, THESE 10 POSTERS OFFER A GATEWAY TO EMOTIONAL EXPLORATION AND TRANQUILITY. EACH POSTER NOT ONLY PROVIDES CALMING TIPS AND AN EMOTION CHECKLIST FOR CHILDREN TO PINPOINT HOW THEY FEEL BUT ALSO ADDS A TOUCH OF CHARM TO YOUR CLASSROOM DECOR.

INTEGRATING A CALM CORNER INTO YOUR CLASSROOM ROUTINE BRINGS A MULTITUDE OF BENEFITS. IT PROMOTES EMOTIONAL INTELLIGENCE, EMPOWERING CHILDREN TO MANAGE THEIR FEELINGS EFFECTIVELY. DISRUPTIONS ARE MINIMIZED BY CREATING A SPACE WHERE THEY CAN UNWIND AND CENTER THEMSELVES, AND A SUPPORTIVE CLASSROOM CULTURE FLOURISHES. THESE POSTERS AREN'T JUST DECORATIONS; THEY'RE TOOLS FOR FOSTERING A POSITIVE LEARNING ENVIRONMENT WHERE EVERY CHILD CAN THRIVE ACADEMICALLY AND EMOTIONALLY.

@happylittlelearnerss

THIS IS A  
SAFE  
SPACE





A LITTLE  
PROGRESS  
EACH DAY  
ADDS UP TO  
BIG RESULTS.

# IT'S OK TO...

ASK FOR HELP

NOT BE OKAY

START OVER AGAIN

MAKE MISTAKES

BE YOURSELF

NOT KNOW IT ALL

SAY NO

HAVE HARD DAYS

**THINK**  
*before you speak*

**T** IS IT... **TRUE**

**H** IS IT... **HELPFULL**

**I** IS IT... **INSPIRING**

**N** IS IT... **NECESSARY**

**K** IS IT... **KIND**

# EMOTIONS

*how are you feeling?*



HAPPY



FRUSTRATED



SAD



CALM



ANGRY



WORRIED



EXCITED



TIRED



PROUD



SCARED



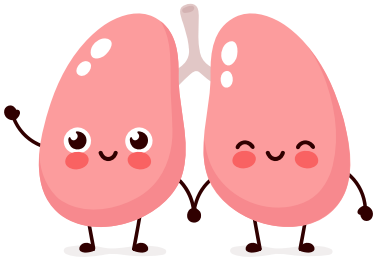
GUILTY



SHY

# CALMING

## strategies



TAKE A DEEP  
BREATH



READ A BOOK



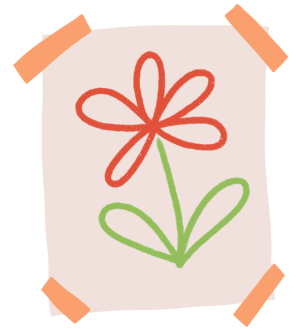
DRINK SOME  
WATER



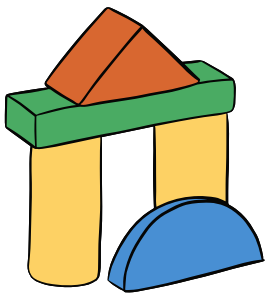
HUG A CUDDLY  
TOY



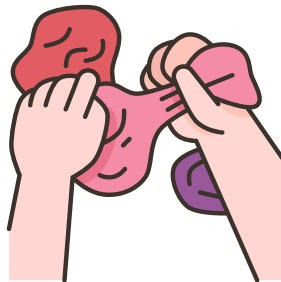
COUNT TO TEN



DRAW OR  
DOODLE



BUILD A  
TOWER WITH  
BOCKS



PLAY WITH  
PLAYDOUGH



LISTEN TO CALM  
MUSIC

5-4-3-2-1  
GROUNDING  
*Technique*

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

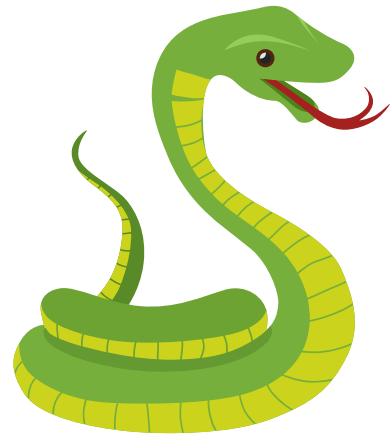
# BREATHING

## *exercises*



### BUMBLE BEE BREATH

Breathe in Breathe out with your mouth closed, while you HUM like a bee



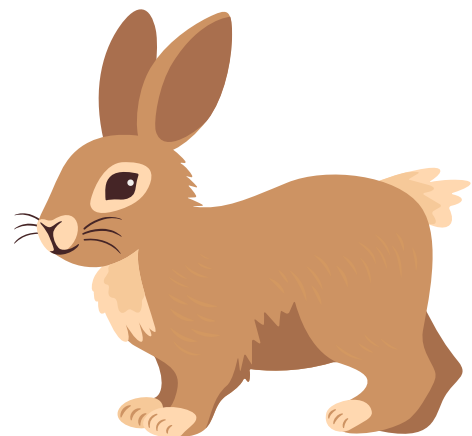
### SNAKE BREATH

Inhale a deep breath, exhale through your mouth making a hissing sound like a snake.



### BEAR BREATH

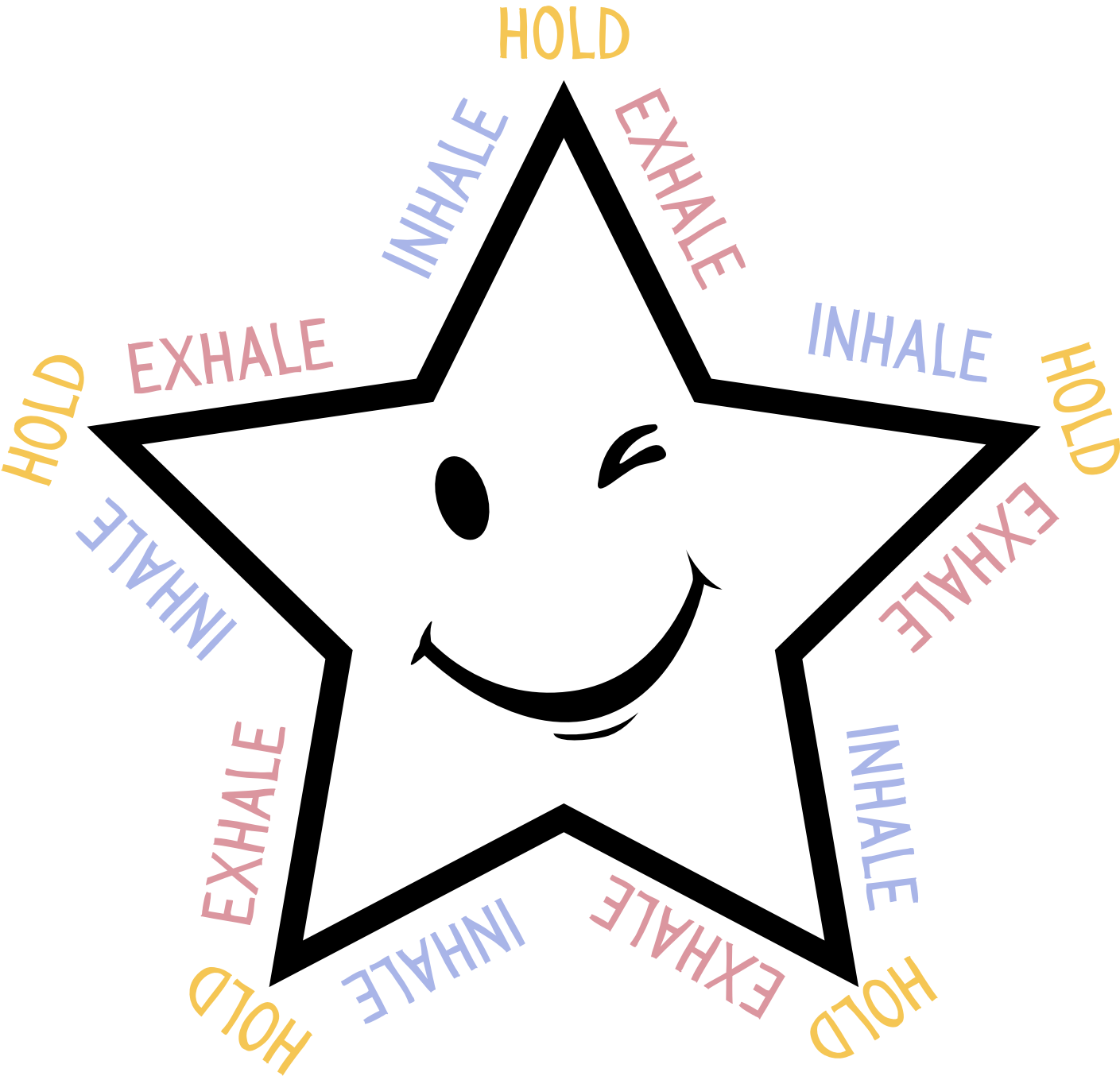
Inhale through your nose. Pause and count three, two, one, and exhale again while counting three, two, one. Repeat it five times.



### BUNNY BREATH

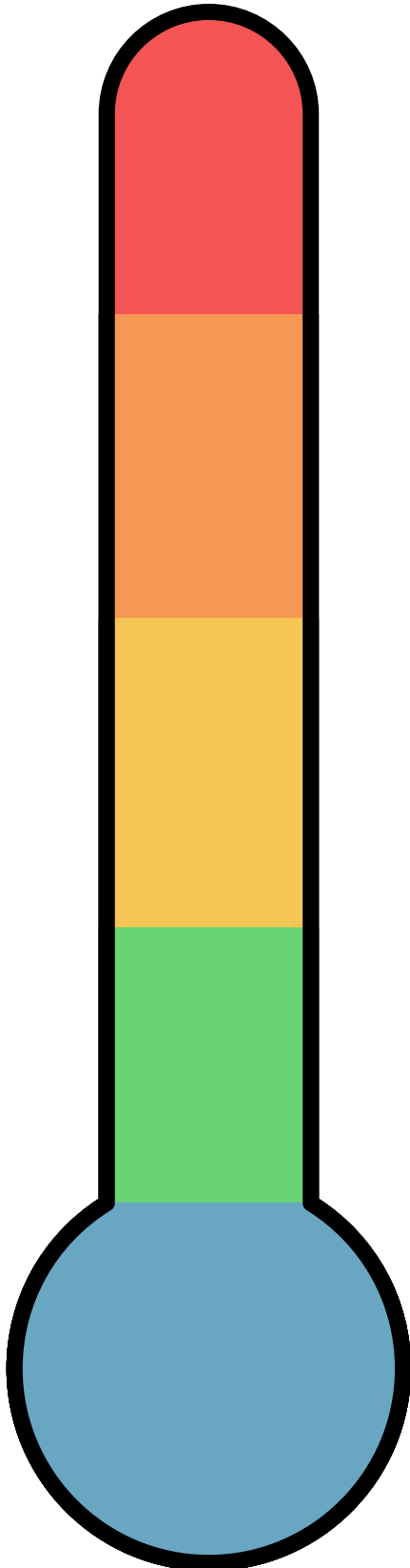
Breathe three quick sniffs through the nose and then exhale one deep breath through your mouth while counting to three.

# STAR breathing



# FEELINGS

## *thermometer*



ANGRY, MAD, TERRIFIED,  
FURIOUS, AGITATED

OVERWHELMED,  
EMBARRASSED, STRESSED,  
FRUSTRATED

ANXIOUS, WORRIED,  
NERVOUS, CONFUSED

SAD, UPSET, DISAPPOINTED,  
SICK, TIRED, BORED

HAPPY, CALM, PROUD,  
CONFIDENT, PEACEFUL