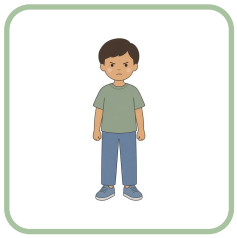
Name: _____

Circle the calm corner.

Look at the pictures. Circle the calm corner.

1



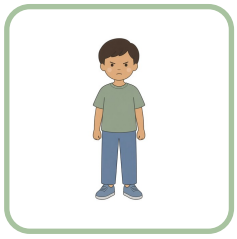
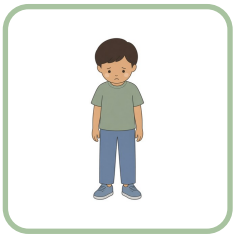


2

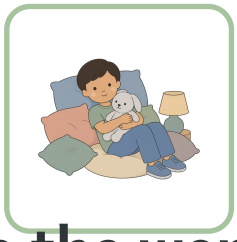


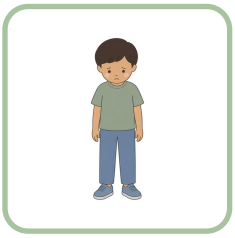


3

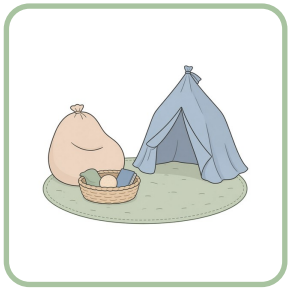

4





Trace the word.

Trace the word calm.



calm

calm

calm

Name: _____

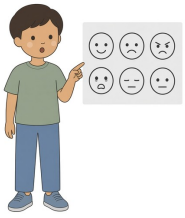
Fill the calm corner.

Cut out the pictures. Glue them in the corner.

Glue here.

✂ Cut on the dashed lines.



What would be in your corner?

Circle what you want in your corner.






my way

Name: _____

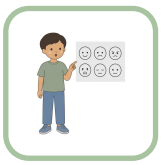
Match the picture to the word.

Draw a line to the matching word.











- feelings board
- timer
- beanbag
- tool basket
- tent

Fill in the word.

Pick a word from the box. Write it in the space.

cozy · basket · room · ready



1. The calm corner is _____.



2. Tools are in the _____.



3. Sam gives Lee _____.



4. Sam comes back when _____.

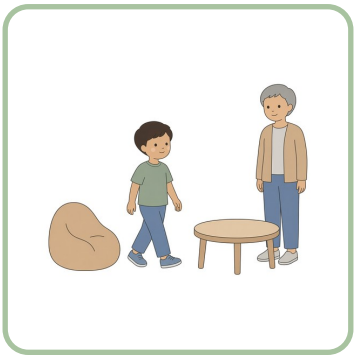
Name: _____

First, next, last.

Put the pictures in order. Write 1, 2, 3.



Sam sits in the tent



Sam comes back



Sam feels too full

☐ ☐ ☐

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. The calm corner is trouble.

2. Anyone can use the calm corner.

3. I can stay as long as I need.

4. I jump on a friend in the corner.

Name: _____

Design my calm corner.

Draw your calm corner.

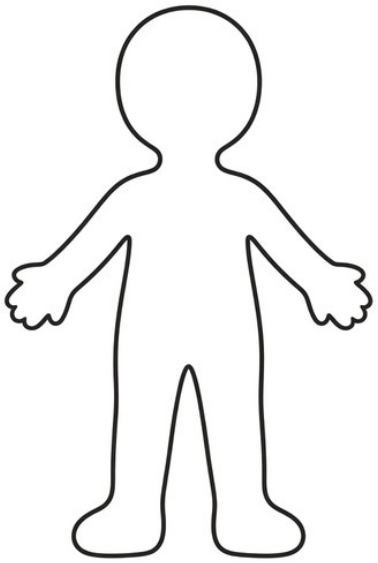
1

2

3

How my body feels in the corner.

Check how your body feels.



- ☐ slower heart
- ☐ softer shoulders
- ☐ quiet head
- ☐ sleepy
- ☐ safe
- ☐ still buzzy
- ☐ better
- ☐ my own way: _____

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “I feel too full in class.”

2. “Lee is in the calm corner.”

3. “I am at home and need calm.”

Today.

Today I used the calm corner when…

What helped there?

Calm Corner · Answers

For grown-ups

Name: _____

Answers

E1: row 1: corner-wide; row 2: sam calm corner; row 3: in-tent; row 4: home-corner
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: sam calm corner = beanbag; in-tent = tent; corner-basket = tool basket; sam point board = feelings board; sam visual timer = timer
D2: 1. cozy; 2. basket; 3. room; 4. ready
D3: 1. Sam feels too full; 2. Sam sits in the tent; 3. Sam comes back
D4: 1. thumbs down (not true); 2. thumbs up (true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- A calm corner is never used for punishment or time-out. Do not send a child there as a consequence.
- Let the child go without permission when possible (a break card is enough).
- Stock it with the child's own preferred tools. Rotate items so it stays useful.
- Do not require the child to talk or 'reflect' before leaving.
- Make a calm spot at home too: behind a couch, a closet nook, a tent.
- Adults can model using the calm corner themselves.