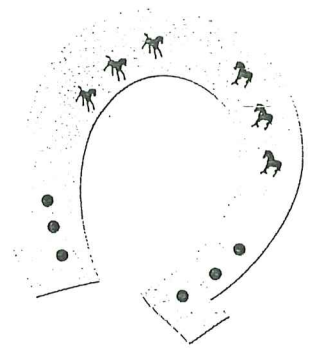
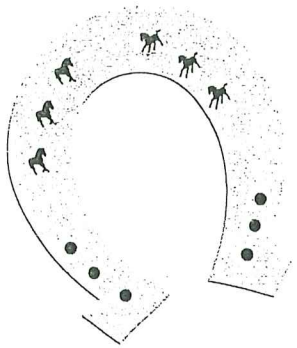
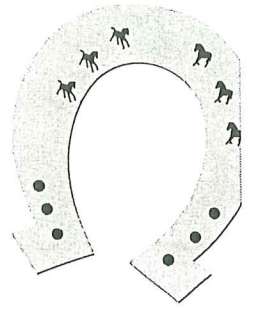
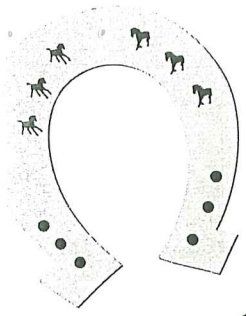


# Our Classroom Calm Down Corner





# Cool Down Corner Rules

1. Remember to **RESPECT** the items in the basket. **DO NOT** break the tools or be silly with them. They are there to help you!
2. It is **OKAY** to feel what you feel. This kit is to help you feel calm, happy and safe!
3. **REMEMBER** that you may still feel a bit sad, angry, or upset after leaving this corner. That is **OKAY!** Come talk to me and we can work out a way for you to feel better.

**TURN OVER THE SAND TIMER FOR 5  
MINUTES AND THEN YOU MAY  
BEGIN YOUR CALM DOWN  
CORNER TIME!**

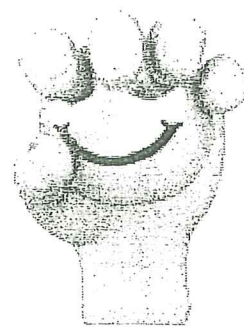




**Play-Doh**



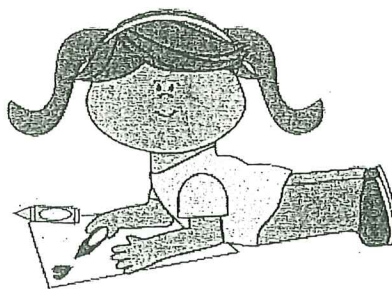
**Write A Letter**



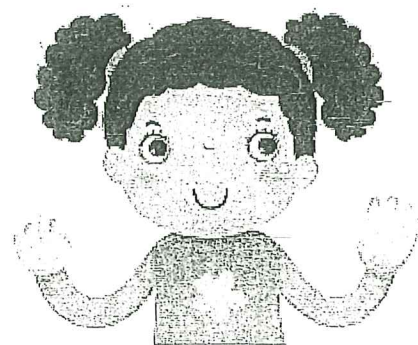
**Squishies**



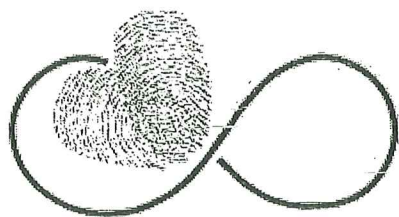
**Give Myself a Hug**



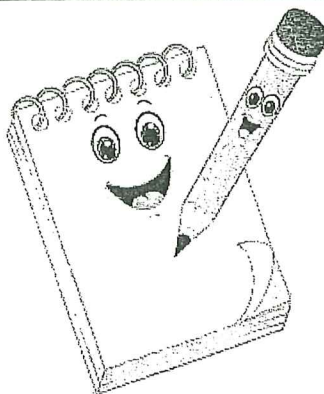
**Color**



**Sit, Watch, and  
Count Quietly**



**Finger Tracing**



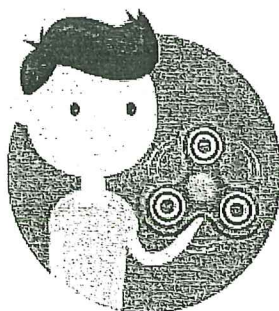
**Feelings Sheet**



**Stretching**



**Think Things Out**



**Fidgets**

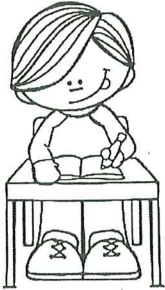


**Blow a Pinwheel**



# THINK SHEET

I can circle WHERE I had inappropriate behavior.



classroom



lunchroom



playground



hall



restroom

Which rule did I break?

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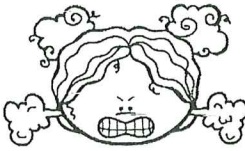
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I can circle HOW I FEEL about my inappropriate behavior.



happy



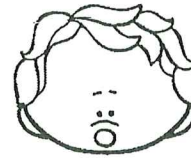
angry



confused



embarrassed



shocked



sad

Next time, I will

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Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Staff Signature \_\_\_\_\_ Date \_\_\_\_\_

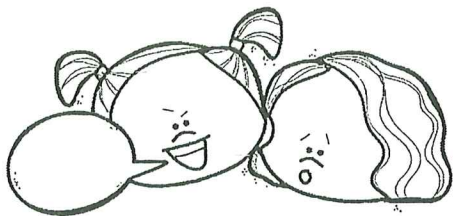
Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



# Inappropriate Behaviors



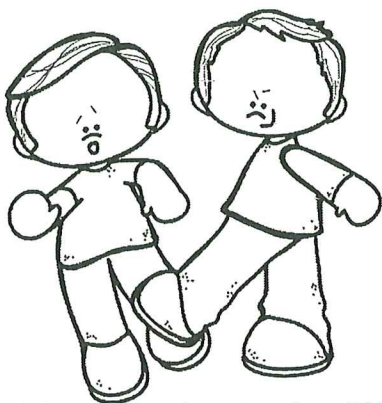
- ☐ I did not listen.
- ☐ I did not follow directions.
- ☐ I did not show respect for others.



- ☐ I forgot to raise my hand.
- ☐ I did not use good manners.
- ☐ I used words that were not nice.

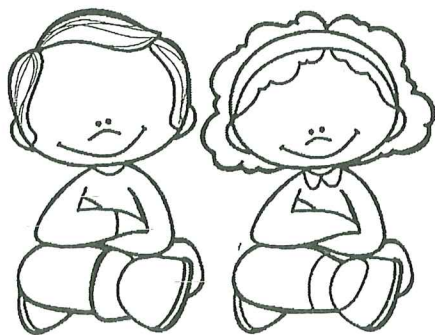


- ☐ I did not clean up my area.
- ☐ I did not show respect for someone's belongings.



- ☐ I did not play safely.
- ☐ I did not walk inside the building.

# Ideas for Next Time



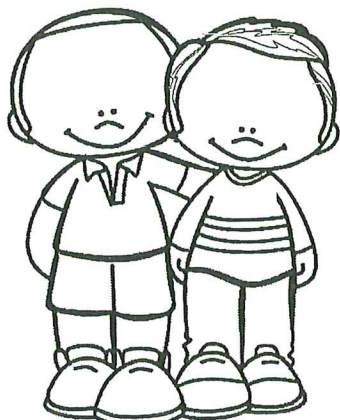
- ☐ Listen.
- ☐ Follow directions.
- ☐ Be respectful.



- ☐ Raise my hand.
- ☐ Use good manners.
- ☐ Use kind words.



- ☐ Clean up my area.
- ☐ Show respect for someone's belongings.



- ☐ Play safely.
- ☐ Walk instead of running.



Student's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Behavior/Work Habits Reflection

\*In order to grow ourselves as leaders, it is important to reflect (think) when we need to improve on the choices we make and the way we show leadership. This reflection is an opportunity to plan your next steps so that you can be successful! ☺

Please make sure you get this reflection signed by a parent/guardian and brought back tomorrow.

1. What choice/choices did you make today that you want and need to improve upon?

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2. Why did you make these choices?

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3. How are you going to improve upon these choices so that you can grow as a leader?  
What is your plan?

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4. How can your teachers and parents/guardians support (help) you?

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X \_\_\_\_\_

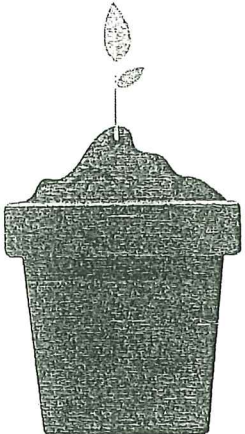
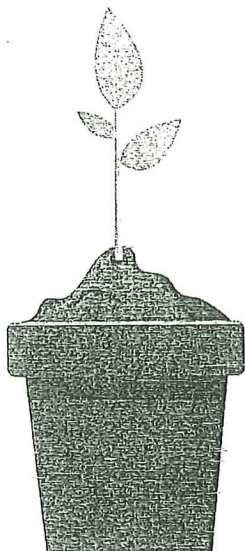
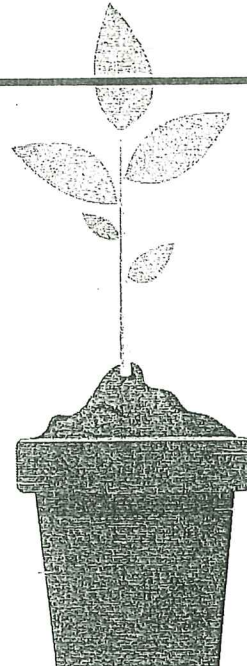
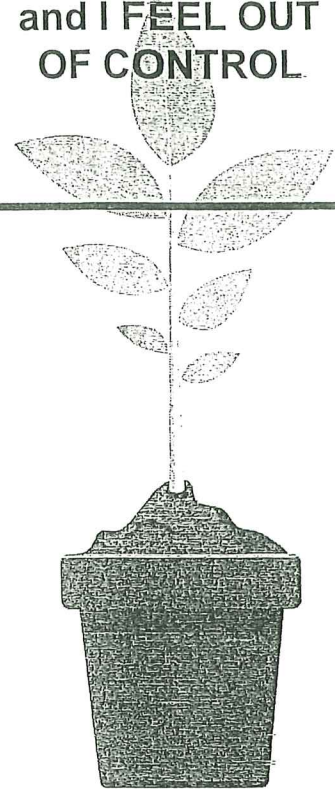
Student's Signature

X \_\_\_\_\_

Parent's/Guardian's Signature

# The SIZE of My Feelings

WHERE ARE YOU IN THE FEELING SCALE?

I'M HAVING FEELINGS and THEY'RE SMALL	I'M FEELING LOT OF EMOTIONS and THEY'RE GETTING BIGGER	I'M FEELING SO MUCH RIGHT NOW and THEY FEEL HIGH	MY FEELINGS ARE MASSIVE and I FEEL OUT OF CONTROL
			
1	2	3	4

FEELINGS ARE NATURAL AND A PART OF LIFE. SOMETIMES WE FEEL THINGS LARGE AND SOMETIMES WE FEEL THINGS SMALL.

IF WE CAN IDENTIFY HOW LARGE OR SMALL OUR FEELING ARE WE CAN DECIDE HOW TO EXPRESS AND MANAGE THEM



# BREATHING



## MINDFUL BREATHING:

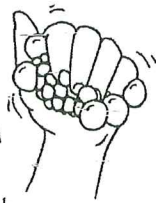
Think of something that you love or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment. Now, take in a deep breathe while repeating the name of this blessing. Breathe out slowly while imagining this thing that brings you joy. Repeat this each day with a new blessing

## IN - HOLD - OUT BREATHING

Inhale through your nose while counting to 5  
Hold it while counting to 6  
Exhale through your mouth while counting to 7

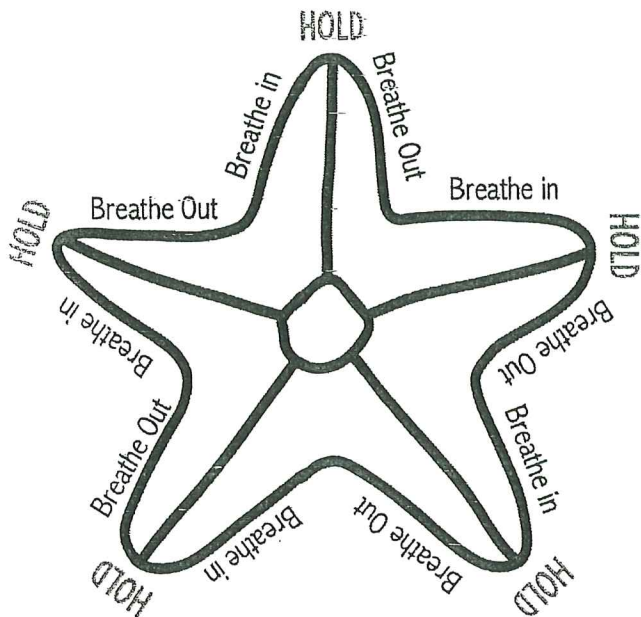
## SQUEEZE AND BREATHE

1. Find a stress ball, play doh, or other soft object to squeeze.
2. Take in a deep breath as you squeeze.
3. Breathe out slowly as you let go.

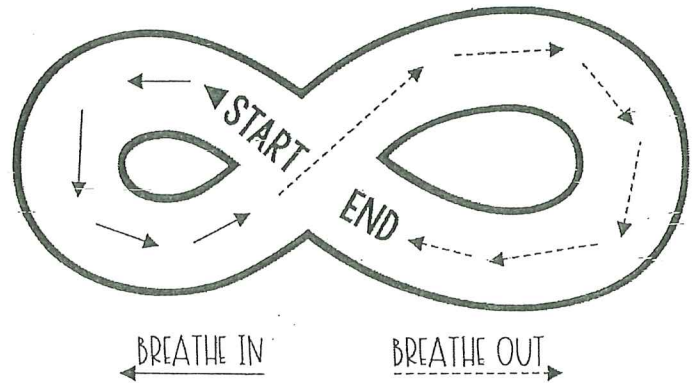


## STARFISH BREATHING:

Breathe in as you trace up the star. Hold at the tip. Breathe out as you trace down. Go slowly.

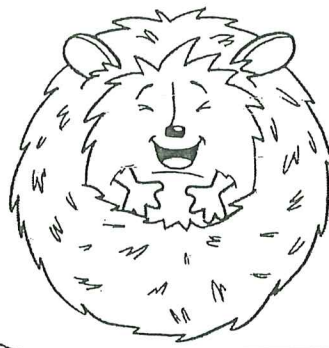


Trace your finger around the race track. Breathe in while tracing the left side and out slowly while tracing the right side. (repeat daily)



## BELLY BREATHING:

Switch the focus of your breathing from your chest to your belly. Place one hand on your chest and one on your belly. Take a deep breathe. Notice your belly rise. Breathe out. Notice your belly fall.



## BREATHE THE RAINBOW

Imagine the color of the rainbow.

Take a deep breath while imagining you are breathing in each color.

Red: Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest. Blow that warmth back into the room, slowly with your mouth.

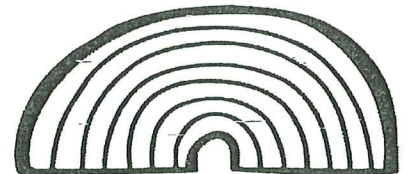
Orange: Breathe in the zesty excitement of the color orange in through your nose.. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.

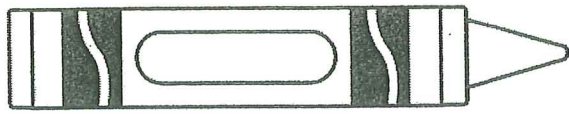
Yellow: Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth.

Green: Breathe in the morning dew of the color green through your nose.. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth.

Blue: Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth.

Purple: Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room.

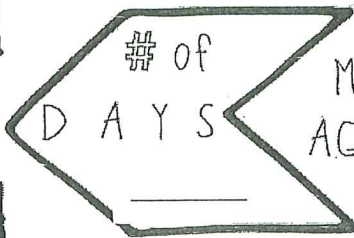
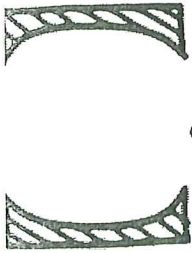




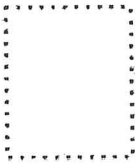
# DOODLES

Name \_\_\_\_\_ Date \_\_\_\_\_

3 WAYS I'VE ADJUSTED...



MY  
AGE:

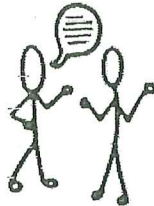


I feel good about...



I am worried about...

DOODLE



I feel better when I...



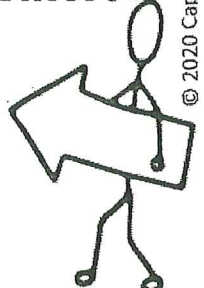
I am thankful for...

I am proud of...

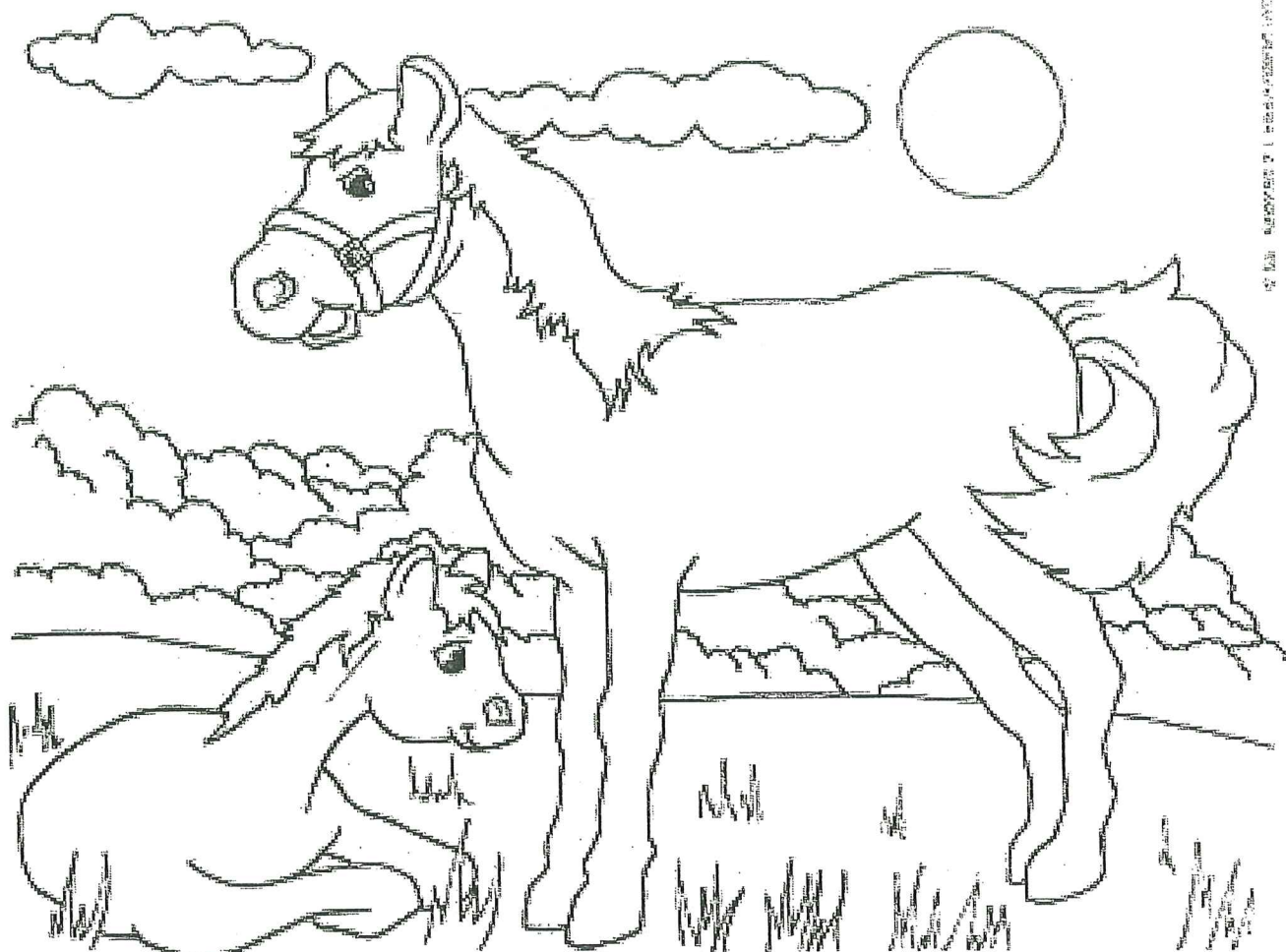
I am learning...

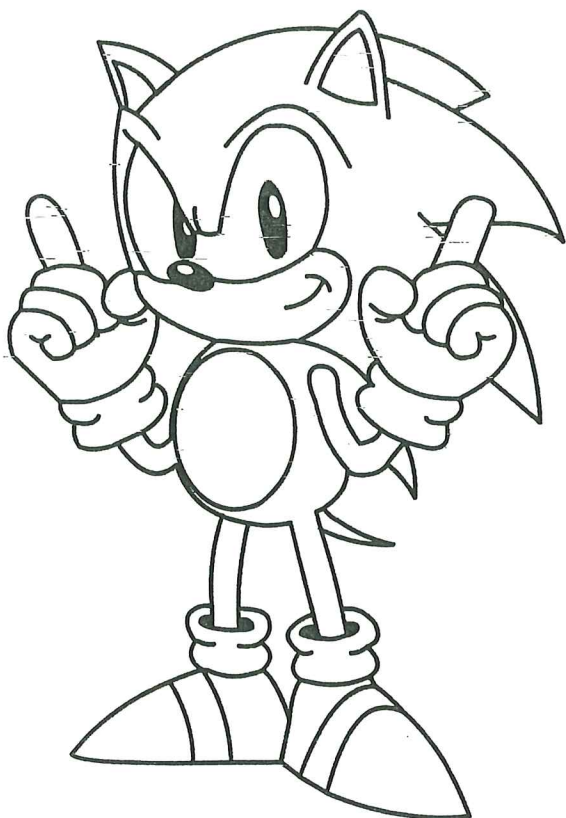
Questions I have...

Things I can do to help others...

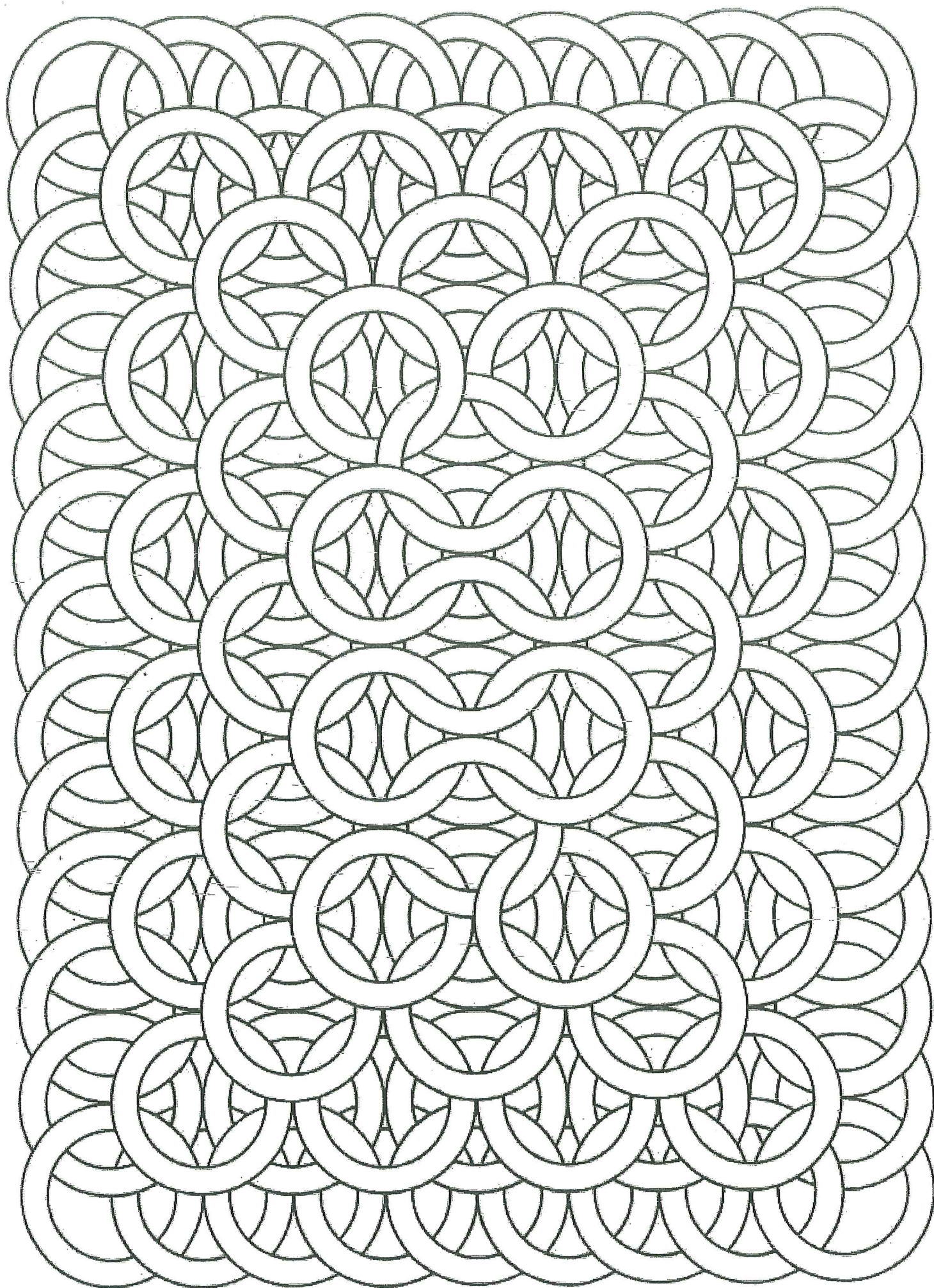












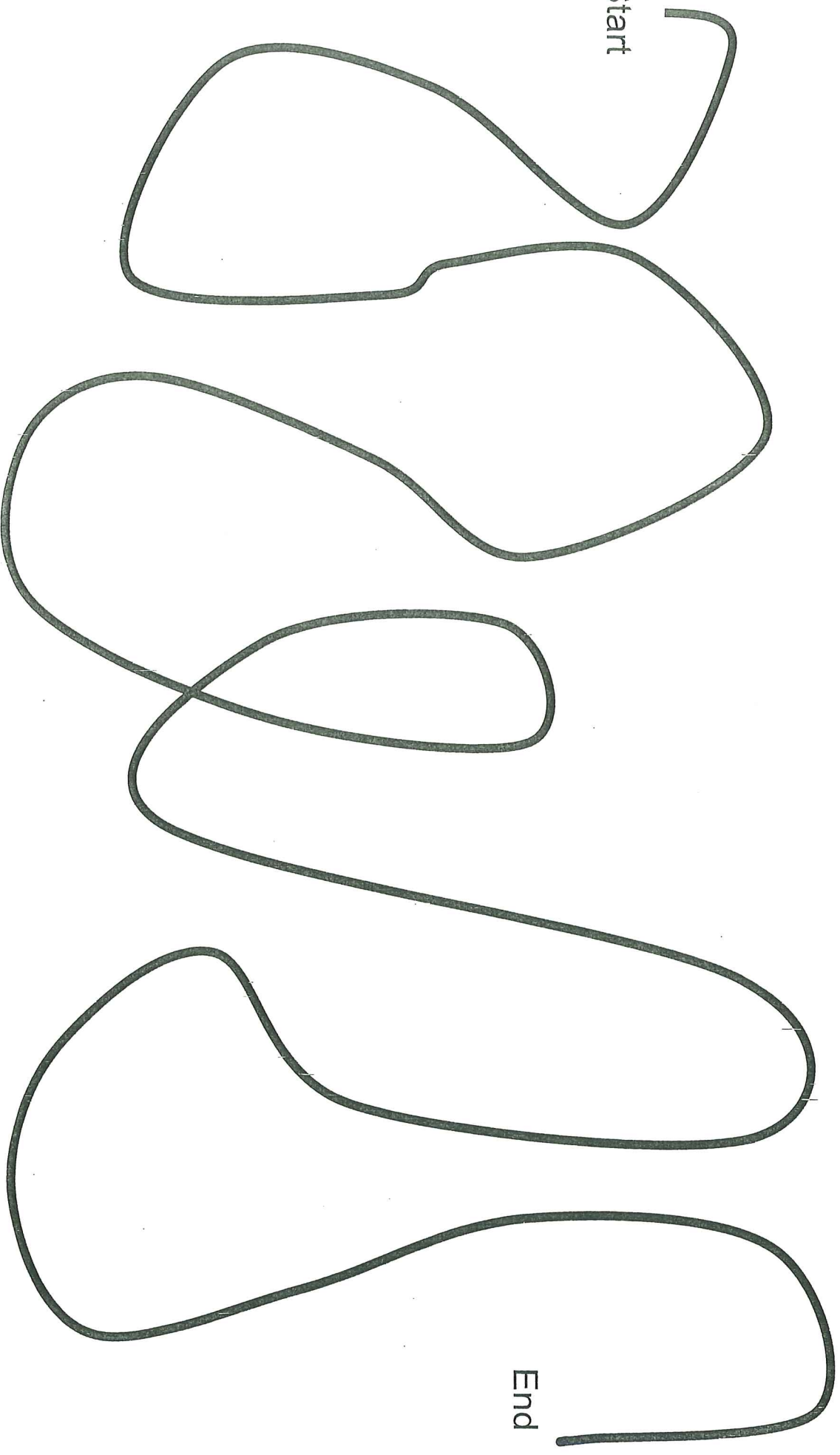






# TRACE THE LINE WITH YOUR FINGER!

Start



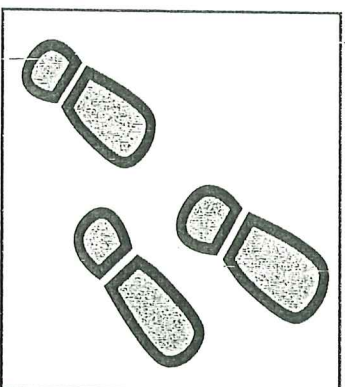
End

# Problem Solving Strategies

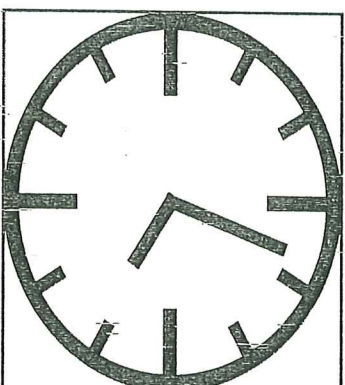
Some strategies to use next time are...



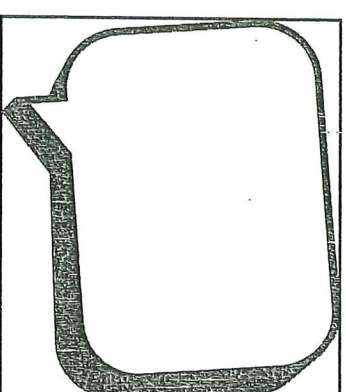
Tell them to  
stop



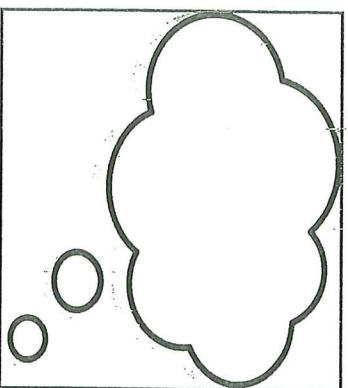
Walk away and let  
it go



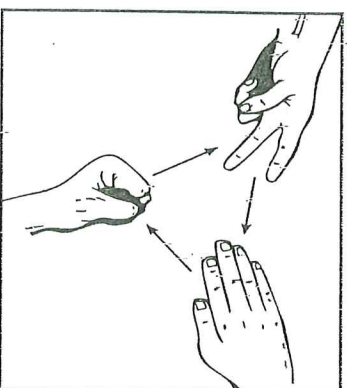
Wait and calm  
down



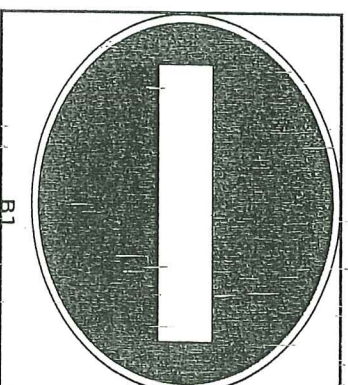
Calmly talk it  
out



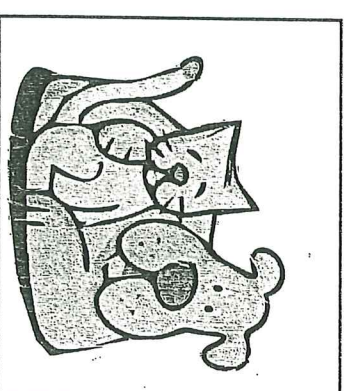
Think positive  
thoughts



Decide a  
solution fairly



Ignore



Apologize



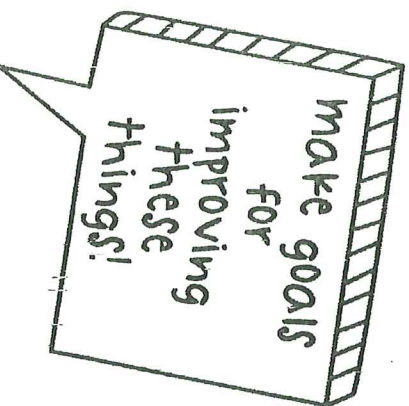
# SELF CONTROL

- Choosing to do what you should do, not just what you want to do.
- Focusing on what you can control and not worrying about things you cannot control.

*Look at the things that you can control in your life. Make goals for those things. Look at the things you cannot control. Let go of those things.*

## I CAN CONTROL

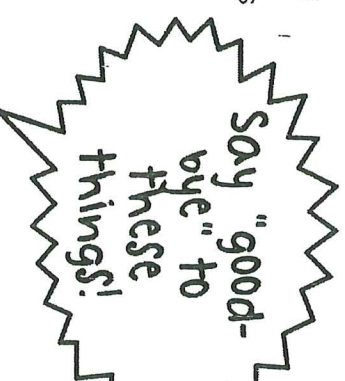
- ☐ My thoughts
- ☐ My happiness
- ☐ My actions
- ☐ Who I choose as friends
- ☐ What I focus on
- ☐ My goals
- ☐ My study habits
- ☐ My effort
- ☐ My habits
- ☐ Others:



Add to this list and give specific examples.

## I CANNOT CONTROL

- ☐ Other peoples thoughts and attitudes
- ☐ Other peoples actions
- ☐ Other peoples happiness
- ☐ Other peoples sadness
- ☐ Other peoples anger
- ☐ The problems in the world
- ☐ Grown up issues
- ☐ Others:



Add to this list and give specific examples.