

Calm-Down Corner



When big feelings come, try one of these gentle steps.

Belly Breathing

Breathe in slow, feel your belly grow,
breathe out slow.

Count to Ten

Count slowly. Let the big feeling get
smaller.

Hug Yourself

Wrap your arms around you and give a
gentle squeeze.

Squeeze & Release

Squeeze your hands tight, then let
them go soft.

Happy Place

Close your eyes and picture a place
you love.

Ask for Help

Find a grown-up and tell them how you
feel.

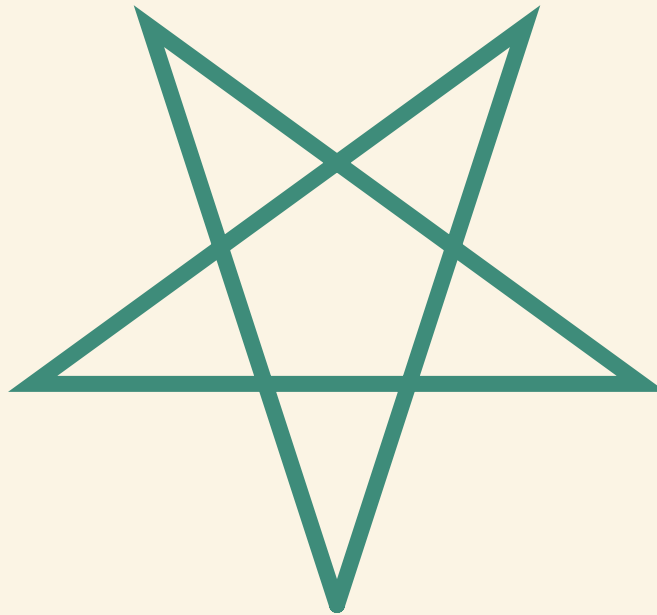
Take a Breath



Trace the shape with your finger while you breathe.

Star Breathing

Breathe in going up



Breathe out going down

Flower & Candle

Smell the flower (breathe in through your nose). Blow out the candle (breathe out through your mouth). Do it three times.