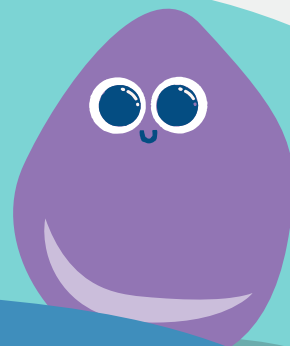
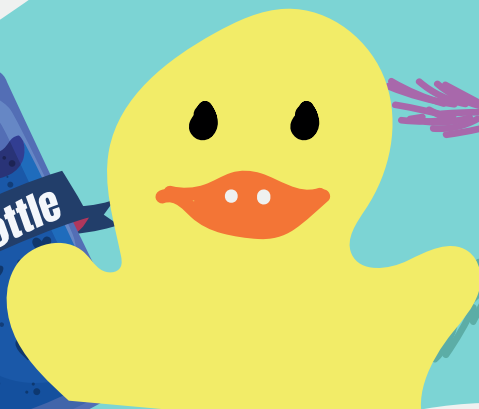




# The Calm Corner





# The Calm Corner

The Calm Corner is designed to help children cope with difficult emotions, such as tantrums, anger, tension, or sadness.

By simply inviting children to this space, we can help them recognize their emotional states and enhance their ability to self-regulate.

We can use the Calm Corner to step back and think about strategies for resolving conflicts more effectively by stepping away from the situation.

## Detail-oriented information!

- It is not a punishment corner or an old-fashioned thinking corner; it is a strategy adopted by positive psychology that values time and space for self-regulation.
- Having a consistent use of this space is important for parents to model. In this way, children will develop the habit.
- We can offer respectable support in this space by understanding emotions, validating them, and validating them.





By developing this habit, children will be much better at managing their emotions in the future. The elements should be accessible in a specific area, as well as children should be made aware of their purpose and when they can use them. It will help them express their feelings.

Daily Calm Corner visits will not only be enjoyable for children, but will undoubtedly contribute to the entire family's well-being!

## #Changing the world one corner at a time





# What elements do we use in the Calm Corner?

(Take into consideration each child's profile and interests.)

- ♥ A squeezable soft ball (squeeze and relax) or play dough, clay, slime, etc.
- ♥ A balloon filled with flour (use your fingers to draw faces on the balloon)
- ♥ A favorite book
- ♥ A paper boat (lie down and place it on your stomach, simulating waves while breathing)
- ♥ An instrument for blowing (helps with breathing) such as a bubble blower or feathers
- ♥ Coloring sheets, colored pencils, and mandalas (improve fine motor skills and attention)
- ♥ A facial expression emotion clock (identifies our emotions as they change)
- ♥ Scent or perfume bottle (smell stimulates parasympathetic pathways, which aid breathing)
- ♥ An hourglass or calming jar (helps us relax, focus, and become aware of the passing of time).
- ♥ A musical instrument or music to listen to (music alters neural circuits, whether played or listened to)