




Calm Corner

Take a deep breath, stay calm,
and remember... you are amazing!



Take 3 Deep Breaths

- 1 Breathe in through your nose 
- 2 Hold for a moment 
- 3 Breathe out through your mouth 

You've got this! 

How are you feeling today?



Happy

Calm

Okay

Worried

Sad

Circle the face that matches how you feel.

What helps you feel calm?

Circle your favorites!



Take Deep Breaths



Listen to Music



Read a Book



Color or Draw



Hug a Stuffed Animal



Go Outside



Talk to Someone



Think Happy Thoughts

Draw or write something that makes you feel calm.



You are strong. You are loved. You are enough. 