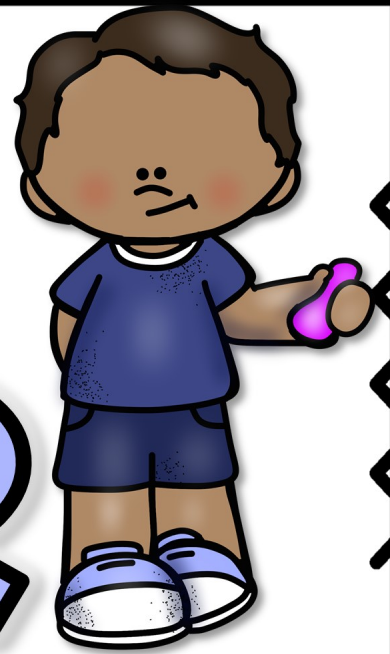
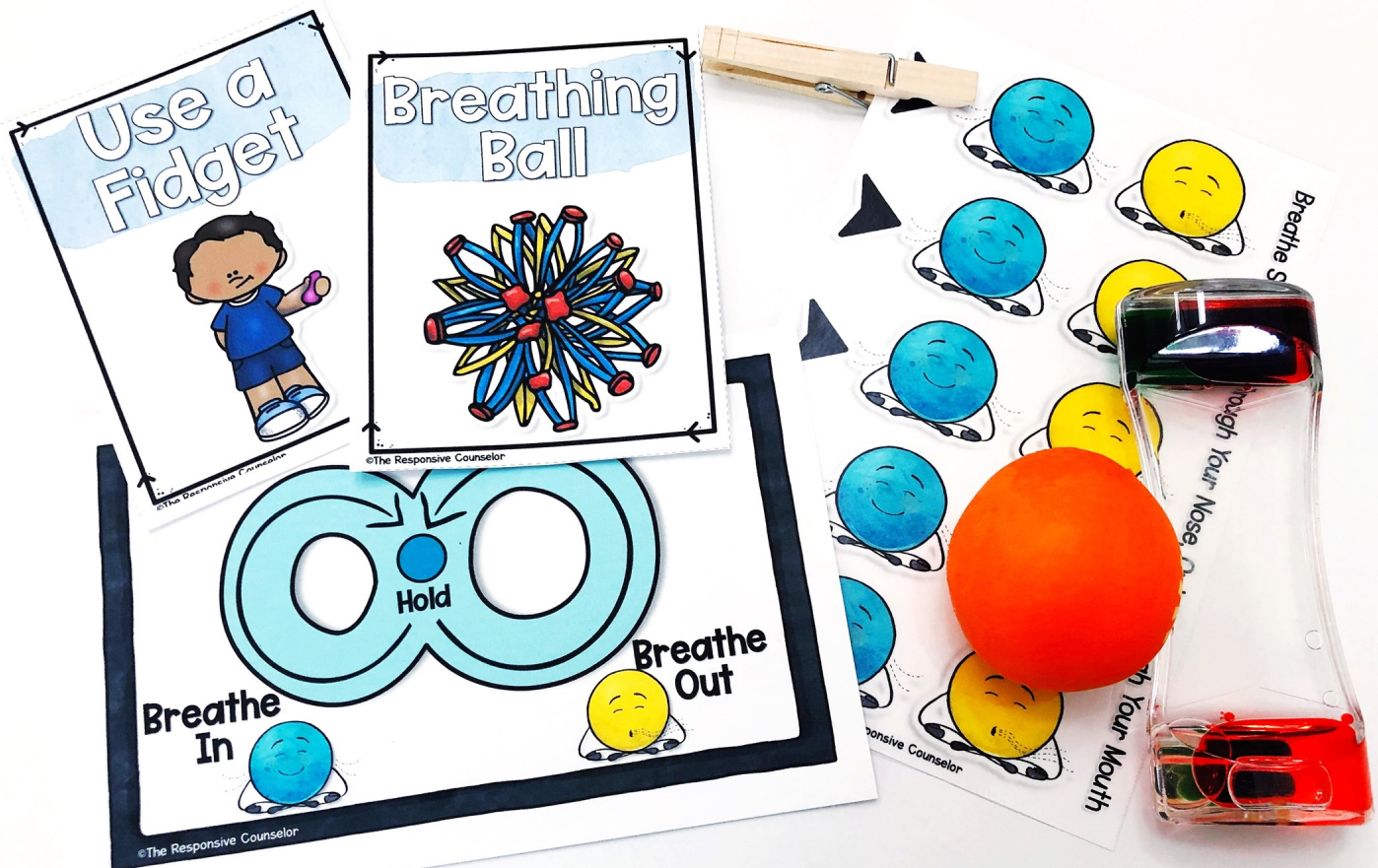


CALM CORNER



HELPING STUDENTS
REGULATE THEIR EMOTIONS



NOTE TO THE TEACHER/COUNSELOR:

This resource is a set of visuals and tools for creating an emotional-regulation space in a classroom or office. Everything is ready to print and use, with or without additional tools (stress balls, Hoberman spheres, gel timers, sequin animals, fidgets, etc.).

Your first step is to select:

1. The name of your space (several options are included, or your class can come up with their own).
2. The strategies you want to make available to your students.
 - Less is more! When our brains are stressed and overwhelmed, decision making is much harder. Too many options can add to a student's stress and indecision.
 - Consider introducing just 2-3 to start and then adding a new one every other week or so.

If this is a new concept to your students, you may want to spend some time introducing the space, developing expectations together, and allowing them to practice and discuss the different strategies.

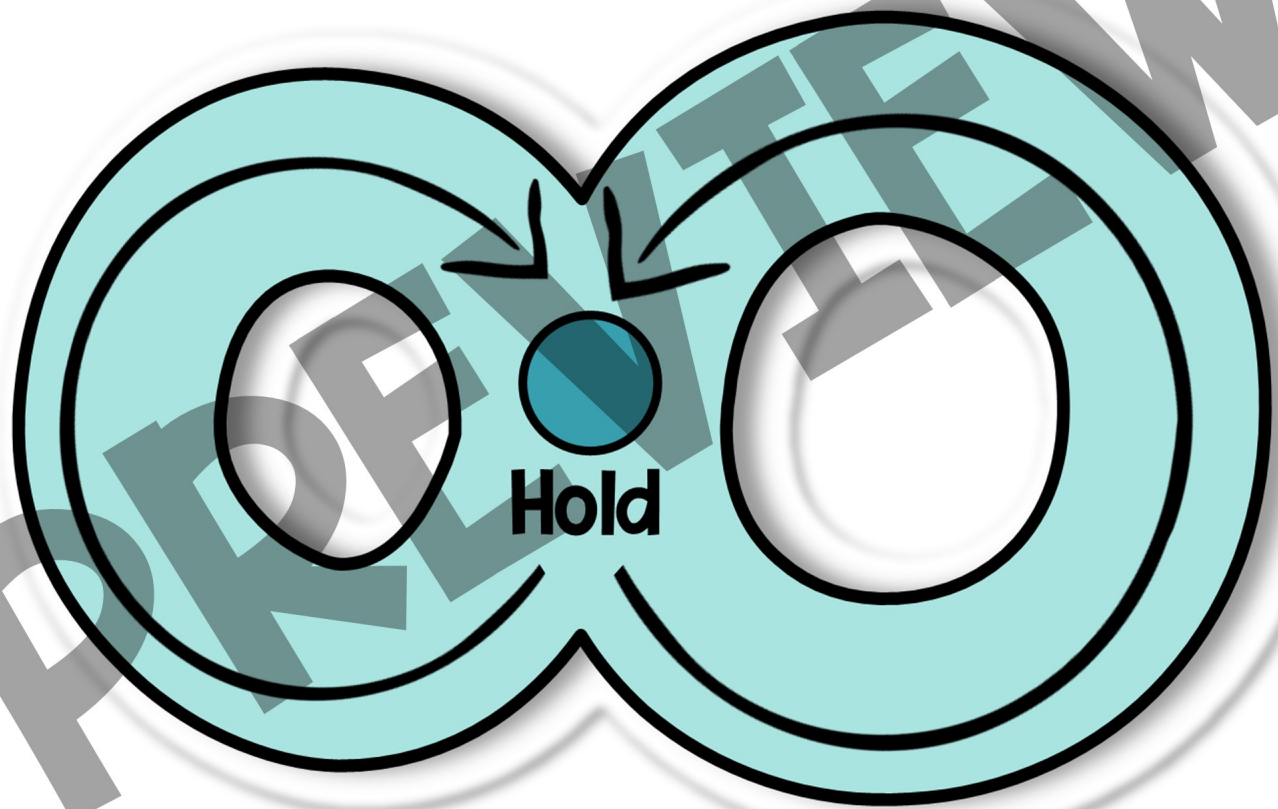
The following 5 pages were created to aid you with this!

This resource is not editable, to protect both the work of the creator and the work of the clip artists. If you have a suggestion for improving this resource, feel free to email me at theresponsivecounselor@gmail.com and it's something I can consider when I next update it. If you want to discuss a customization and are willing to pay an additional fee to have wording edited to your needs, please reach out via email for that as well.

Full Page Visuals + Directions for Coping Strategies/Tools

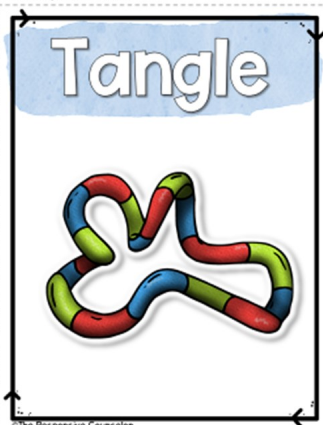
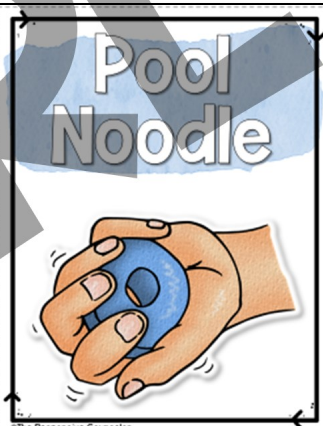
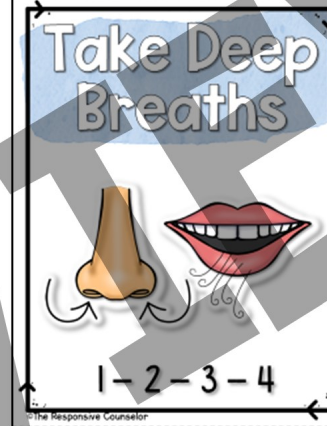
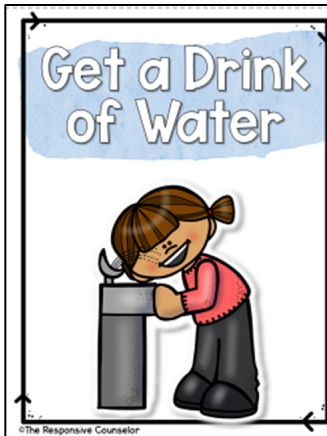


Figure 8 Breathing



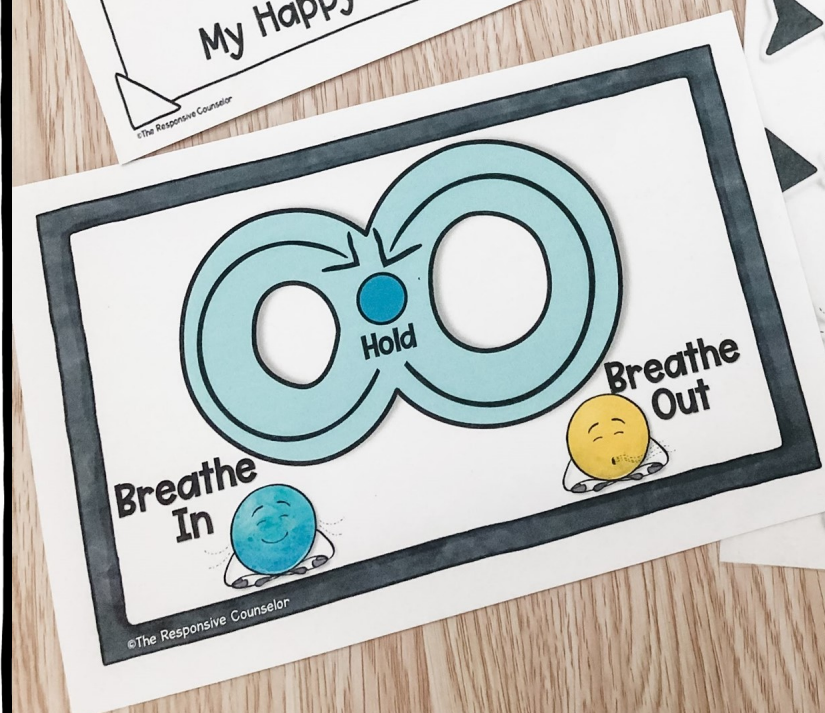
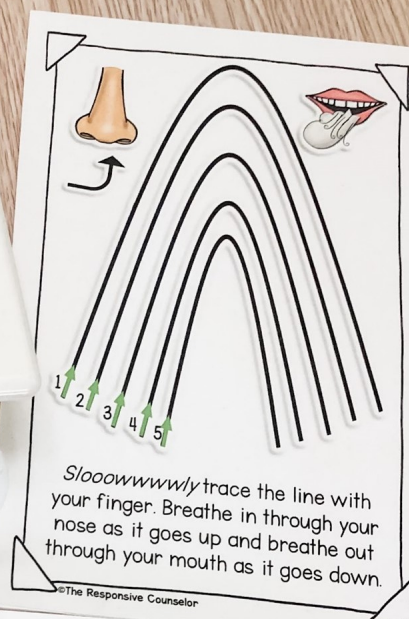
Trace a sideways eight as you breathe in and out. Breathe in through the small side, pause in the center, and breathe out as you trace around the larger side.

Quarter Page Visuals for Smaller Spaces or a Keyring



Strategies/Tools Included:

- Color
- Draw
- Headphones
- Tangle
- Slinky
- Koosh Ball
- Stretchy Animal
- Stuffed Animal
- Sequin Pillow
- Mind Jar (glitter jar)
- Liquid Timer
- Count
- Wall Push-Ups
- Star Breathing
- Figure 8 Breathing
- Deep Breathing
- Hand Press
- Stretch Your Body
- Take a Walk
- Puzzle
- Pool Noodle
- Bubble Ball
- Play-Doh/Putty
- Read a Book
- Bubbles
- Sand Box
- Use a Fidget
- Put Your Head Down
- Happy Place
- Build
- Pinwheel
- Piper Cleaners
- Write It Out
- Happy Memory
- Stress Ball
- Drink of Water



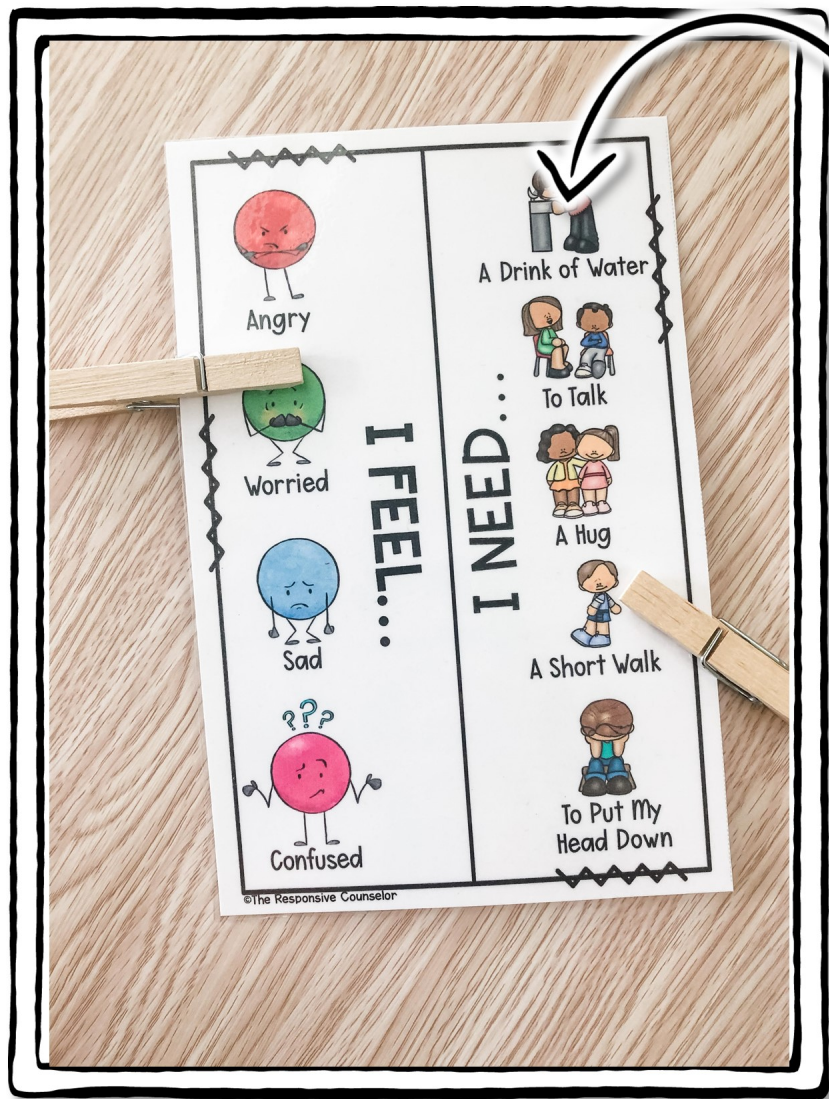
Breathing and Mindfulness Visuals

Puzzles





"Talk About It"



Communication Board

Mandalas



Peace Corner Pass

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I worked as an elementary school counselor beginning in 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

