

### Where to put it

- ▼ Quiet-ish spot in the classroom
- ▼ Visible but not center stage
- ▼ One or two students at a time

### What belongs in the Calm Corner

- ☑ Zone posters or character cards
- ☑ A few breathing cards (Manny, Stella, Shelly, Crabby)
- ☑ Soft seating or mat
- ☑ 3-5 calm tools (fidgets, putty, coloring, headphones, etc.)

### What students do there

- 1 Choose your zone (Manny, Stella, Shelly, or Crabby).
- 2 Pick a calm tool or breathing card.
- 3 Return to learning when your body feels more ready.

### Teacher reminders:

- Use calm, neutral voice.
- This is not a punishment spot.
- Celebrate when students use the space well.