

OUR CALM CORNER

A safe space to regulate



WHAT'S INSIDE

- Soft seating (bean bag, cushion)
- Breathing cards
- Fidget tools & Emotion chart
- Timer
- Headphones (optional)



CORNER RULES

- One person at a time
- Set the timer (5-10 minutes)
- Use your tools quietly
- Return when ready
- Clean up after yourself



WHEN TO USE IT

- When feelings are **BIG**
- When you need a break
- When your body needs to calm down
- Ask permission first



HOW TO USE IT

- **Step 1:** Take a breath
- **Step 2:** Choose a tool
- **Step 3:** Use your strategy
- **Step 4:** Return when ready

