THINKING SHEET · FEELINGS AND KINDNESS

Design a Calm Corner

Design the perfect spot to calm down and feel better.

Name: _____ **Date:** _____

Draw your calm corner (label the things in it)

Things to put in it:

- ☐ A soft pillow
- ☐ Books
- ☐ Paper and crayons
- ☐ A timer
- ☐ Squishy toys
- ☐ Feelings cards

Calm corner rules

1. _____
2. _____
3. _____

I would use it when…

_____

_____

_____

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