



# Calm Corner Kit for Kids

A printable toolkit for big feelings

Create a cozy space for calm, confidence and emotional support.



How do I feel?

Happy	Sad	Worried
Angry	Scared	Calm

Brought to you by Little tools for big feelings.



# Welcome to Your Calm Corner

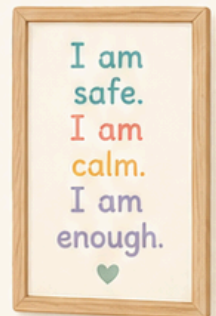
A Calm Corner is a cozy, safe space where children can pause, breathe, and choose a gentle tool when feelings feel big.

## There is no wrong feeling here.

Big feelings are welcome. We can notice them, name them, and move through them—one calm moment at a time.

## Use this kit to create a space for:

- breathing slowly
- naming feelings
- taking a quiet break
- choosing a calming activity
- asking for support



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# How to Use Your Calm Corner

A simple step-by-step routine for big feelings.

1

## Pause

Come to the Calm Corner.



2

## Name the feeling

What am I feeling right now?



3

## Breathe

Choose one breathing activity.



4

## Pick a calm tool

Use one gentle tool that helps.



5

## Reset

Rest, feel safe, and return when ready.



## Little tip for grown-ups

The Calm Corner is not a punishment.  
It is a safe space for connection, support, and regulation.



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# What to Put in Your Calm Corner

Simple tools that help children pause, breathe, and feel safe.

1



## Comfy Spot

A cushion, bean bag, or soft rug.

2



## Calm Cards

Easy visual prompts children can use on their own.

5



## Comfort Item

A teddy, blanket, or favorite soft toy.

3



## Feelings Check-In

A feelings chart or emotion cards.

4



## Breathing Tool

A pinwheel, feather, or simple breathing prompt.

6



## Sensory Helper

A fidget, calm jar, or other soothing tool.



## Keep it simple:

choose just a few tools and place them where your child can reach them easily.

### Quick checklist before you set it up:



**Safe**  
Nothing sharp or breakable.



**Cozy**  
Soft, inviting, and calm.



**Easy to use**  
Simple tools your child can reach.



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# Calm Corner Rules

Simple reminders to help little ones feel safe and supported.

## 1 Safe hands and feet

Keep your body gentle.



## 2 Quiet voice

Use a soft, calm voice.



## 3 One tool at a time

Pick one calm helper and try it.



## 4 Ask for help

Find a grown-up if you need support.



## 5 Ready to return

Go back when your body feels calm.



The Calm Corner is a safe space, not a punishment.



# How Do I Feel Today?

A gentle feelings check-in for your Calm Corner.



Point to the feeling that matches your body and heart.



Happy



Calm



Excited



Sad



Worried



Angry



Scared



Frustrated



You can feel more than one feeling at a time.  
All feelings are okay.



## What can I do next?



Breathe



Take a Break



Hug a  
Comfort Item



Ask for Help



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# What Can I Do Next?

Choose one calm tool to help your body feel safe again.

Point to the calm choice you want to try.

1

**Breathe**

2

**Take a Break**

3

**Hug a Comfort Item**

4

**Ask for Help**

5

**Sip Water**

6

**Stretch**

7

**Count to 10**

8

**Read a Book**



### Little tip:

Pick one or two tools.  
If you still need help, ask a grown-up.



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# Calm Breathing Ideas

Simple breathing tools to help little bodies slow down.

Choose one breathing idea to try.

1

### Balloon Belly



Breathe in and fill your belly like a balloon.

2

### Flower & Candle



Smell the flower.  
Blow the candle.

3

### Finger Breathing



Trace up and down each finger slowly.

4

### Rainbow Breath



Breathe in up.  
Breathe out down.

5

### Teddy Bear Breath



Hold your teddy and breathe together.

6

### Bunny Breaths



Take 3 tiny sniffs, then one long breath out.



**Little tip:**

Go slowly. One or two calm breaths can help.



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# Calm Movement Ideas

Simple movement tools to help little bodies release big feelings.

Choose one movement idea to try.

1

## Star Stretch



Reach wide like a star, then slowly relax.

2

## Butterfly Hug



Cross your arms and tap your shoulders slowly.

3

## Wall Push



Push the wall and breathe out slowly.

4

## Animal Walk



Walk like a bear or crab across the room.

5

## Shake & Stop



Shake your hands and feet, then go still.

6

## Turtle Tuck



Curl in small, then come out when ready.



### Little tip:

Big feelings need movement too. Slow and gentle is enough.



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# Sensory Calm Ideas

Simple sensory tools to help children slow down and feel safe.

**1 Squish**



Squeeze a stress ball or play dough.

**2 Shake**



Watch a glitter jar settle.

**3 Touch**



Hold a soft blanket or pillow.

**4 Listen**



Try quiet music or nature sounds.

**5 Sip**



Drink water slowly.




**Keep it simple:**  
Offer 1 or 2 sensory tools at a time.

**6 Smell**



Notice a gentle scent with a grown-up.



- Quick checklist before you set it up:**
-  **Safe**  
Nothing sharp or breakable.
  -  **Simple**  
Start with just a few tools.
  -  **Easy to reach**  
Place items where your child can get them.



# Calm Corner Cards

## Sheet 1

Cut out the cards and keep them in your Calm Corner.



### 1 Take a Break



Sit quietly for a moment.

### 2 Breathe Slowly



Take 3 slow breaths.

### 3 Hug a Teddy



Hold your comfort toy close.

### 4 Drink Water



Take a small sip and reset.

### 5 Count to 10



Count slowly and calm your body.

### 6 Ask for Help



Find a grown-up when you need support.



# Calm Corner Cards

## Sheet 2

Cut out the cards and keep them in your Calm Corner.



1

### Stretch



Reach up and stretch slowly.

2

### Sit Quietly



Sit still and rest for a moment.

3

### Read a Book



Open a book and take a calm moment.

4

### Squeeze a Pillow



Give your pillow a gentle squeeze.

5

### Listen to Calm Sounds



Listen and let your body relax.

6

### Draw Your Feeling



Draw how you feel today.



# Calm Corner Cards

## Sheet 3

Cut-out cards for gentle support in big feeling moments.



1

**Take a  
Breath**



Breathe in slowly.  
Breathe out gently.



2

**Feelings  
Are Okay**



All feelings are okay.  
They come and go.



3

**I Need  
a Break**



It's okay to take  
a break.



4

**I Can  
Do This**



I can try my best.  
I am strong.



5

**Ask for  
Help**



I can ask for help  
when I need it.



6

**Choose a  
Calm Tool**



Pick a tool that  
helps me feel calm.



7

**Sit and  
Breathe**



Sit quietly and  
breathe with me.



8

**Come Back  
When Ready**



I can come back  
when I'm ready.



♥ Cut out the cards and keep them in your Calm Corner. ♥

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# Calm Corner Cards

## Sheet 4

Cut-out cards for gentle support in big feeling moments.



**1**  
**Butterfly Hug**




Cross your arms and tap slowly.

**2**  
**Rainbow Breath**



Breathe in up.  
Breathe out down.

**3**  
**Wall Push**



Push hard, then let go.

**4**  
**5 Things I See**



Look around and name 5 things.

**5**  
**Hand on Heart**



Feel your heartbeat and breathe.

**6**  
**Blow the Pinwheel**




Blow slowly and watch it spin.

**7**  
**Shake It Out**



Shake, wiggle, then grow still.

**8**  
**Rest My Body**



Lie down or curl up for a moment.

♥ Cut out the cards and keep them in your Calm Corner. ♥



# My Calm Corner

A cozy place to pause, breathe, and feel safe.

Breathe



Feelings



Take a Break



I Can Do This



This is my safe space to rest, breathe, and begin again.



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# Big Feelings Are Welcome Here

Every feeling can be noticed with kindness.

.....♥.....

You are safe.  
You are loved.  
We can calm down together.





# Stop • Breathe • Choose

A simple calm reminder for big feelings.



1

## STOP

Pause your body.  
Put your hands on  
your heart or your tummy.



2

## BREATHE

Take 3 slow  
breaths in and out.



3

## CHOOSE

Pick one calm  
tool that helps you.



Breathe Card



Feelings Card



Comfort Item



## One calm step at a time.



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# Parent & Caregiver Guide

Simple ways to support children through big feelings.



The Calm Corner works best when a grown-up offers calm, connection, and gentle guidance.



## 1 Stay close and calm

Use a soft voice, slow breathing, and a calm body.



## 2 Name the feeling

Help your child notice what they are feeling without judgment.



## 3 Offer simple choices

Try: breathe, hug a comfort item, or choose one calm card.



## 4 Use gentle words

Say things like:  
"You are safe." "I am here."  
"We can do this together."



## 5 Celebrate small progress

Praise every calm step, even if it is small.



## Helpful reminder

Connection comes before correction.  
The goal is support, not perfection.



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# Thank You

Your calm corner journey starts here.

- ♥ Thank you for creating a gentle space for your child.
- ♥ Small calm moments can make a big difference.
- ♥ Come back to these tools whenever big feelings show up.
- ♥ You do not need to do everything perfectly—just keep it simple, safe, and supportive.



## ♥ A gentle reminder ♥

- ♥ Big feelings are okay.
- ♥ Calm can be practiced.
- ♥ Connection comes first.



## ♥ From Little Calm Club ♥

We hope this kit brings more calm, comfort, and confidence to your days.



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