My Calm-Down Corner

Hang this where the big feelings happen. Practice when everyone is calm first.

1

STOP

Freeze. Notice your body. Hot face? Fast heart? Tight fists?

2

BREATHE

In through your nose for 4. Out through your mouth for 6. Do it 5 times.

3

CHOOSE

Pick one calm thing: squeeze a pillow, stretch, get a drink, look at the calm picture.

4

TALK

When you feel ready, tell a grown-up what happened and what you need.

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