

Calm Down Corner

Why is it used?

Remaining calm during times of anger is a necessary skill for students to learn. Students need a place to go to de-escalate in times of anger. The purpose of the corner is to promote students to calm themselves and engage the rational thinking part of the brain again. Until a student is no longer angry, he or she cannot really learn the lessons that we want to teach them about unacceptable behavior and coping skills to use instead.

When to use it?

During a tantrum

When a child is being aggressive

When they are fighting with siblings

When they are showing the beginning signs of anger (clenched jaw, reddening face, raising voice).

You as their teacher or parent will want to teach children to recognize these signs.

Items?

***Comforting:** You can use pillows, cushions, blankets, or bean bags.

***Sensory:** Some children are soothed with sensory activities. You can have anything type of sensory items such as tactile (rice, beads, playdough, stress balloons, etc.), smell (essential oils), auditory (music, books on tape, & sound machine), and visuals (coping skills directions). You may even have items to help alleviate anger such as phonebooks to rip, balloons to pop, and bottles to squeeze.

***Calming:** Calm down bottles and bubbles tubes are perfect tools for kids to watch as they calm down.

***Engaging:** You could have board books to look through and also paper and markers for drawing or scribbling. Your student may like small stuffed animals, a coloring book, or toy cars.

Use the following codes to view different examples of Calm Down Corners:

