

THE Cool DOWN @ @ @ @ @



TRANSFORM
YOUR
CLASSROOM
CALMING
CORNER!

Research shows that teaching children to calm themselves is a crucial component to SEL and overall student success

Resource includes materials for procedures, calm down activities and cards for returning to class

THE Cool DOWN CORNER

Class Procedures



1. Choose an activity from the wheel of choice



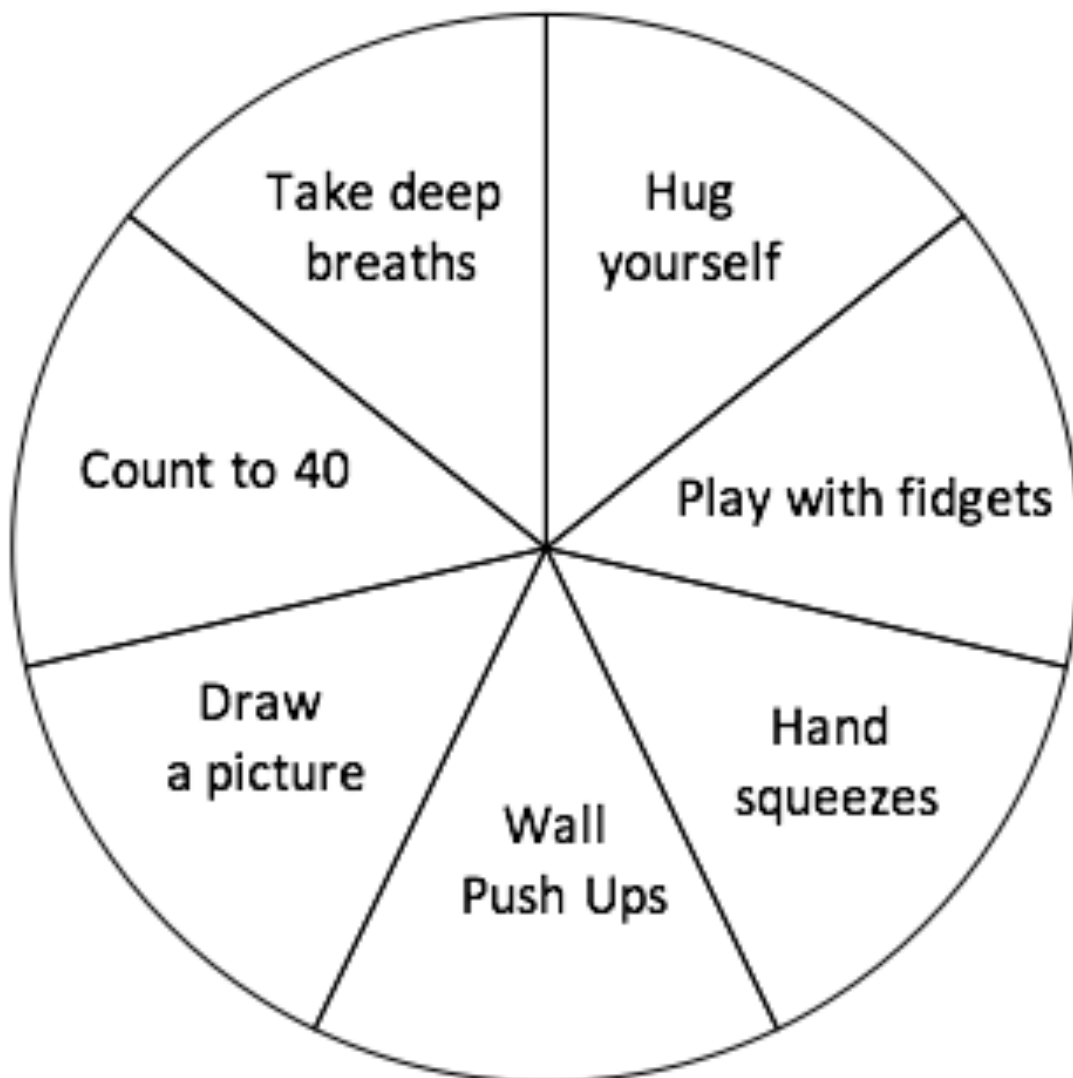
2. Fill out an "I'm Cool Now" card and leave on the teacher's desk



3. Return to the class when the timer goes off and you feel calm

THE *Cool* DOWN

Calm Down Activity Wheel of Choice



I'm *Cool* Now

Name: _____

Date: _____

I am feeling _____.

I need a time away because _____

I'm practicing self-control and calming down by:

- counting to 40
- playing with fidgets
- deep breaths
- counting to 10
- wall push ups
- hand squeezes
- drawing a picture

I decided:

I'm over it now

Other: _____

I'm *Cool* Now

Name: _____

Date: _____

I am feeling _____.

I need a time away because _____

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Other: _____