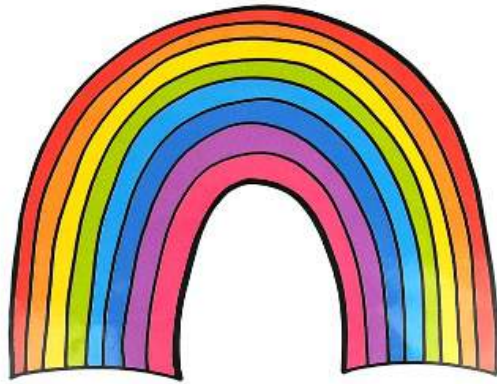


# BREATHE

## & CALM DOWN KIT

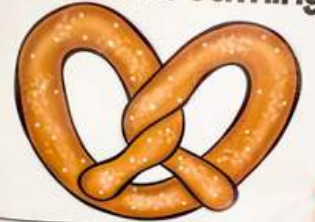
### Rainbow Breathing



1. Imagine a rainbow in the air in front of you.
2. Move your finger from left to right to trace the rainbow while you inhale slowly through your nose.
3. Move your finger from right to left to trace the rainbow while you exhale slowly through your mouth.
4. Repeat as many times as necessary.

THE ENCOURAGING  
CLASSROOM

### Pretzel Breathing



1. Sit down on the floor and cross your legs and arms as high as you can.
  2. Breathe in deep through your nose.
  3. Slowly exhale through your mouth and let your body relax as you breathe out.
  4. Repeat as many times as necessary.
- Try pretzel breathing when lying on the floor too!

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**KEEP SCROLLING TO TAKE A  
LOOK INSIDE THIS RESOURCE!**

# Why?

## BREATHING & CALM DOWN CORNER

Students need time and space to manage their emotions in the classroom. This resource provides you with the essentials to get started creating a calming space in your classroom to promote student well-being.

Looking for simple mindfulness activities?

The breathing posters are perfect to support mindful moments.

1

2

3

Want to promote student well-being?

This pack also includes yoga pose cards, a reflection sheet, and more!

Need a calm down corner but don't know where to start?

We included a list of tools, several posters, calm down strategy cards, and a training video to help!



# PERFECT FOR...

## Calm down area



## Mindful moments



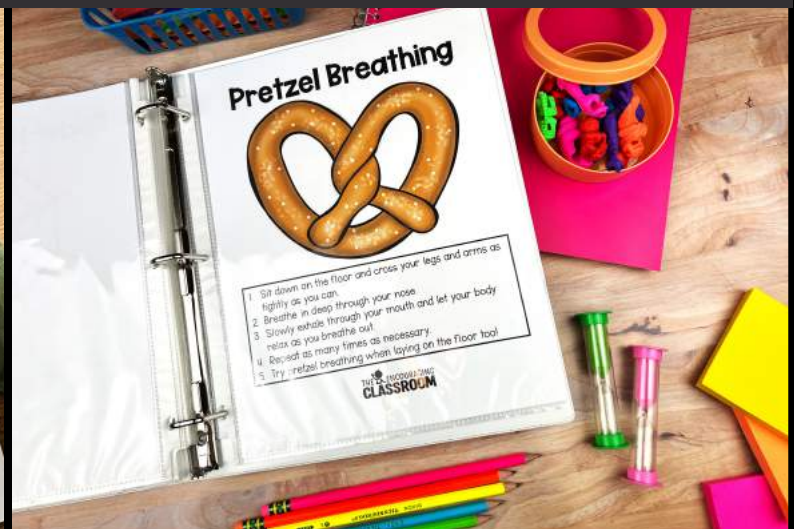
## Transitions

## Brain breaks



## Student well-being

## Morning meeting



# RESOURCES INCLUDED:

Full Size Breathing Technique Posters

Small Breathing Technique Posters

Calm Down Corner video training

Calm Down Tools List

32 Calm Down Strategy Cards

Student Reflection Sheet

Calm Down 4 Steps Poster

23 Yoga Pose Cards

Check-In Posters (3 skin tone options)

# BREATHING POSTERS



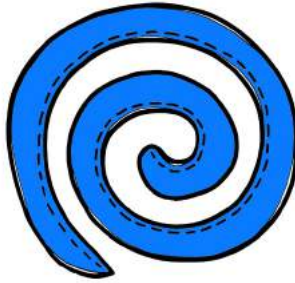
## Lazy 8 Breathing



1. Put your finger in the air and place it at the top of the number eight.
2. Breathe in slowly while drawing the number eight in the air.
3. Once you get back to the top, slowly breathe out while tracing the number eight again.
4. Repeat as many times as necessary.

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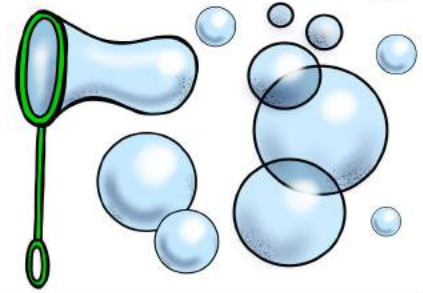
## Spiral Breathing



1. Put your finger in the air and place it in the middle of the spiral.
2. Breathe in slowly while drawing a spiral as many times around until you run out of breath.
3. Then breathe out slowly while drawing the spiral back to the center.
4. Repeat as many times as necessary.

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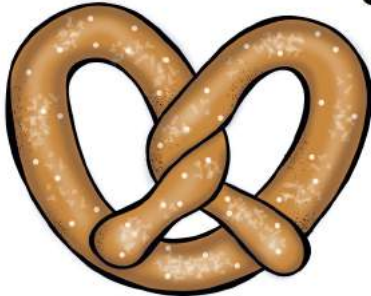
## Bubble Breathing



1. Imagine you have a wand to blow bubbles.
2. Take a deep breath in through your nose.
3. Slowly breathe out through your mouth as if you are blowing a bubble through a wand.
4. Repeat as many times as necessary.

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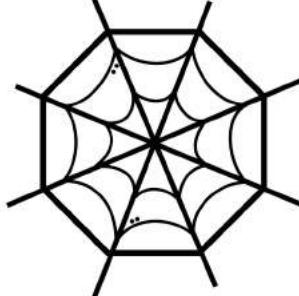
## Pretzel Breathing



1. Sit down on the floor and cross your legs and arms as tightly as you can.
2. Breathe in deep through your nose.
3. Slowly exhale through your mouth and let your body relax as you breathe out.
4. Repeat as many times as necessary.
5. Try pretzel breathing when laying on the floor too!

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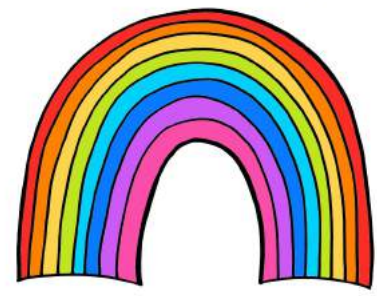
## Spider Man Breathing



1. Put on your pretend Spider Man gloves.
2. Then take a deep breath in through your nose.
3. As you take a deep breath out through your mouth pretend to throw spider webs all over the classroom.
4. Repeat as many times as needed.

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## Rainbow Breathing



1. Imagine a rainbow in the air in front of you.
2. Move your finger from left to right to trace the rainbow while you inhale slowly through your nose.
3. Move your finger from right to left to trace the rainbow while you exhale slowly through your mouth.
4. Repeat as many times as necessary.

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## Soup Breathing



1. Imagine you are holding a bowl of hot soup in your hands.
2. Slowly breathe in through your nose to smell the delicious soup.
3. Slowly breathe out through your mouth to cool down the hot soup.
4. Repeat as many times as necessary.

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## Blow Out The Candles



1. Hold up 5 fingers and pretend they are candles on a birthday cake.
2. Inhale a deep breath through your nose.
3. Exhale a deep breath through your mouth to blow out a candle.
4. Repeat until all 5 candles are blown out.

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# CALM DOWN CORNER



## Calm Down Corner Tools

Weighted lap blanket	Weighted stuffed animal
Resistance bands	Tangle Jr.
Rubik's cube	Play dough
Silly putty	Stress balls
Bubble wrap	Spinning top
Bubbles	Pinwheels
Scratch & sniff stickers	Yoga poses cards
Jump rope	Noise cancelling headphones
Chewing toys	Puzzles
Coloring books	Notebook paper
Crayons/colored pencils/pens	Scratch art doodle pad
Chalkboard	Magna-Doodle
Etch-a-Sketch	Activity books
Photo album	Calm down strategy cards
Light up toys	Flashlight
Plastic snow globe	Kaleidoscope
Hour glass	Eye mask
Books	Squish balls
Ridget toys	Monkey noodles
Marble in mesh	Sensory sock

LUCKY LITTLE LEARNERS

## 4 STEPS

1 Feeling

2 Breathe

3 Calm

4 Return

Name \_\_\_\_\_

## REFLECTION SHEET

I feel...



To help cope with this emotion, I...

\_\_\_\_\_

\_\_\_\_\_

Now I feel...



THE CLASSROOM

<p><b>Count to 10</b></p>	<p><b>Write about how you feel</b></p>
<p><b>Talk to a friend</b></p>	<p><b>Use positive self-talk</b></p>

<p><b>Stop and think</b></p>	<p><b>Make a list of how you can solve the problem</b></p>
<p><b>Go for a walk</b></p>	<p><b>Take a break</b></p>

<p><b>Breathe deeply</b></p>	<p><b>Do stretches</b></p>
<p><b>Listen to music</b></p>	<p><b>Hum your favorite song</b></p>

<p><b>Draw or color a picture</b></p>	<p><b>Create an action plan and follow it</b></p>
<p><b>Get some fresh air</b></p>	<p><b>Smell something nice</b></p>

<p><b>Give yourself a hug</b></p>	<p><b>Ask for a hug</b></p>
<p><b>Spend some time alone</b></p>	<p><b>Play with a calm toy</b></p>

<p><b>Ask for help</b></p>	<p><b>Have a routine</b></p>
<p><b>Find a quiet place</b></p>	<p><b>Get a drink</b></p>

<p><b>Meditate</b></p>	<p><b>Take a rest</b></p>
<p><b>Bounce a ball</b></p>	<p><b>Work on a puzzle</b></p>

<p><b>Use a calming tool</b></p>	<p><b>Imagine something amazing</b></p>
<p><b>Read a book</b></p>	<p><b>Switch activities</b></p>



# CALM DOWN CORNER

