Our Calming Corner
Our Calming Corner!
Everybody has feelings. What feelings can you name?

- Happy
- Angry
- Nervous
- Sick
- Excited
- Scared
- Cry
- Tired
Sometimes we have really big feelings. Like when we are really mad, sad, or disappointed.
Everyone has BIG feelings! BIG feelings are OK!
Our Calming Corner is a great place to go when you have big feelings!
In our Calming Corner, when you have big feelings, you can read a book...
Take deep breaths...
or even just sit and play quietly with toys.
You can ask an adult to please help or join you if you want to.
You can stay in the Calming Corner as long as you need.
And when you are ready, come back to play with your friends!