

Calm Corner Kit

Gentle emotional regulation tools for classrooms, counselling spaces, and home.

“A calm corner is not a punishment space. It is a safe place where children can pause, breathe, reset, and reconnect with themselves.”

Calm corners help children build emotional awareness, mindfulness, self-regulation, and coping skills in a safe and supportive way. This printable kit was created for parents, teachers, caregivers, and educators supporting sensitive children and big feelings.

What to Include in a Calm Corner

- Soft pillows or blankets
- Comfort items or stuffed animals
- Books about feelings and courage
- Breathing prompts
- Feelings cards
- Calming sensory tools
- Quiet activities
- Soft lighting or calming visuals

Gentle Calm Corner Phrases

- Your feelings are safe here.
 - You are not in trouble.
 - Let's breathe together.
 - Big feelings are okay.
 - You can take your time.
 - You are safe.
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Printable Calm Corner Cards

Cut out and laminate for classrooms, calm corners, counselling spaces, or home.

I am safe.	I can breathe slowly.
My feelings matter.	I can ask for help.
I can take my time.	Big feelings are okay.
I am loved.	I can try again.
I can rest.	I am learning every day.
Let's breathe together.	I am not alone.

How Am I Feeling? Cards

Printable emotional check-in cards for children.

☐ Happy	☐ Sad
☐ Angry	☐ Worried
☐ Tired	☐ Overwhelmed
☐ Calm	☐ Frustrated
☐ Loved	☐ Nervous
☐ Safe	☐ Confused