

Calm Corner Check-List

Directions: Use the following checklist to help inspire your calm corner setup.







- ☐ Choose a quiet, low-traffic area of the classroom
- ☐ Provide comfortable seating (bean bag, cushion, small chair)
- ☐ Add soft lighting or a lamp instead of bright overhead lights
- ☐ Include a small rug or mat to define the space
- ☐ Display calm, neutral, or nature-themed visuals
- ☐ Model using the calm corner yourself to normalize it
- ☐ Add a small sign that says "Calm Corner" or "Mindful Reset Space"
- ☐ Provide mindfulness tools such as The Mindful Student cards
- ☐ Supply fidget tools or sensory items, like stress balls, putty, etc
- ☐ Provide a brief check-in/check-out routine (e.g., "How do you feel now?")
- ☐ Establish clear expectations for when and how to use the calm corner





Speak Up. Stay Kind.

Sometimes when we work with others, we might feel upset or disagree. That's okay! When this happens, try these tips to stay calm and kind:

1		Pause and take a deep breath before you speak.
2		Listen with your heart <i>and</i> your ears.
3		Use words that help, not hurt.
4		Seek help from a trusted adult when needed.
5		Work together to come to a solution.
6		Stay open to new ideas.

Respectful Voices, Stronger Choices

Disagreements are normal—but we must remember to work through them with respect and consideration.

1		Listen to understand, not just to respond.
2		Speak calmly and use kind words.
3		Focus on the goal of overcoming the conflict.
4		Take a breath before you react.
5		Work together to find common ground.
6		Be open-minded to hearing different perspectives.

Solving Conflicts With Respect

Conflict is sure to happen from time to time, and that's okay. It's important, however, to make sure to respond with respect, consideration, and kindness.

1		Be curious and open to hearing others' perspectives.
2		Ask questions and get clarity before assuming.
3		Speak your truth <i>without</i> tearing others down.
4		Listen, reflect, and respond thoughtfully.
5		When emotions run high, take a few deep breaths before responding.