

# 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 *and* 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 *without* tearing others down.**

4



**Listen, reflect, and respond thoughtfully.**

5



**When emotions run high, take a few deep breaths before responding.**