

# My Calm Corner Builder

What I can put in my calm corner?



Soft pillow or blanket



Favorite stuffed animal or fidget



Noise-cancelling headphones or earplugs



Cozy lighting or fairy lights



Headphones with my favorite music



Picture of someone I feel safe with



Calm-down jar or sensory bottle



Drawing paper and crayons



"I need a break"



Breathing cards or visual timer

Draw or design your calm corner here

This helps me feel safe because...

One thing I can add this week...

Check the things that feel right for you.  
You get to choose what helps.

# Teacher Guidance Page

## Recommended Age: 7–12

### Purpose of the Activity

This activity helps children build a sense of safety and predictability by creating their own calm corner. It gives them choice and ownership — two important protective factors for kids who have experienced trauma. It supports emotional regulation and teaches that it's okay to need a safe space.

### How to Use the Worksheet

This worksheet can be used:

- during morning meetings or check-ins
- when introducing a calm area in the classroom or at home
- after a big feeling or transition
- as a take-home family activity
- in counselling or SEL lessons

Encourage children to first check the items they already have or would like, then draw their corner and fill in the reflection boxes.

### Questions Adults Can Ask

Example prompts:

- What feels calming to you when things get big or hard?
- Who could you tell if you need to use your calm corner?
- What might make your corner even better?
- How will you know when you're ready to come back?

This activity can be used alongside the Calm Corner Toolkit (coming early summer 2026).

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