

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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