



peace & calm
corner
starter set

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PAWSITIVE SCHOOL COUNSELOR

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Teaching Students to Use the Peace Corner

- Post and practice your expectations. Praise and reward students when they use it correctly.
- Model it for them.
- Take your own break in the peace corner. Show them how to use it!
- Have each student role play and practice how to use the corner. Give them each a turn in the corner.
- Teach the policies and procedures for use early and often!

Tips and Considerations for Peace/Calm Corners

- Considerations with timers- we don't want to send a message that kids must regain self regulation within a certain time limit. However, they can be used when introducing the corner, with frequent flyers, and may be beneficial for some students.
- Always teach your students explicitly how to use the corner. Make sure you cover things like where it is, when they can use, how they ask to use it, how to use the tools in it, what are the expectations. Review the expectations and procedures thoroughly and often.
- Consider using break cards for your frequent flyers. Give the students a certain number of cards to use each week or day.
- Allow students to each visit the corner at the beginning of school and mid year. By allowing each student time in the spot it will reduce its excitement and cut down on frequent flyers and misuse.

How to cue students to use the corner

I notice you are (action, facial expression, etc.)
When you (action, facial expression, etc.) that
shows me might be feeling (emotion.)
Why don't you take a few minutes in the
peace corner. I'll be over in a few minutes and
we can solve this together.

I see you (action)
Are you feeling
(emotion)?
Ok. You're feeling
(emotion). Would you
like to take a break in
our peace corner?

Model the language
you want them to use.
"I am frustrated right
now. I need to take a
break in the peace
corner."
Repeat it until the
student says it back.

Create a secret signal/code between you and the
student(s).

**signs for
your
spot**

**whole
and half
sheet**

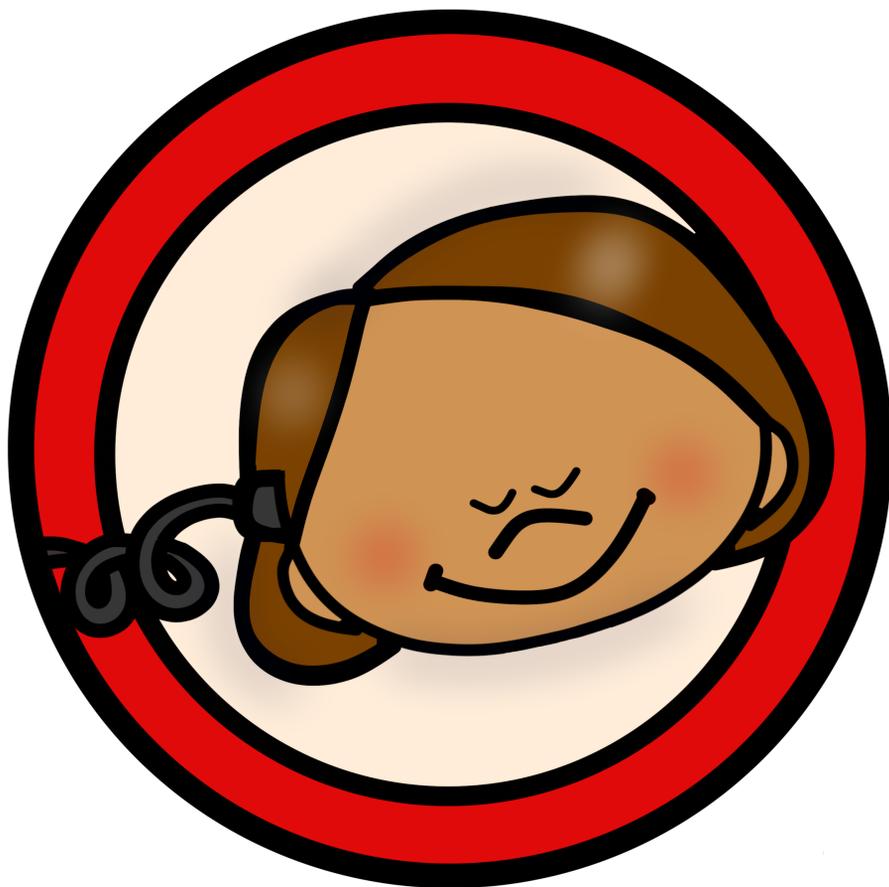
**peace corner:
A PLACE TO RECHARGE**



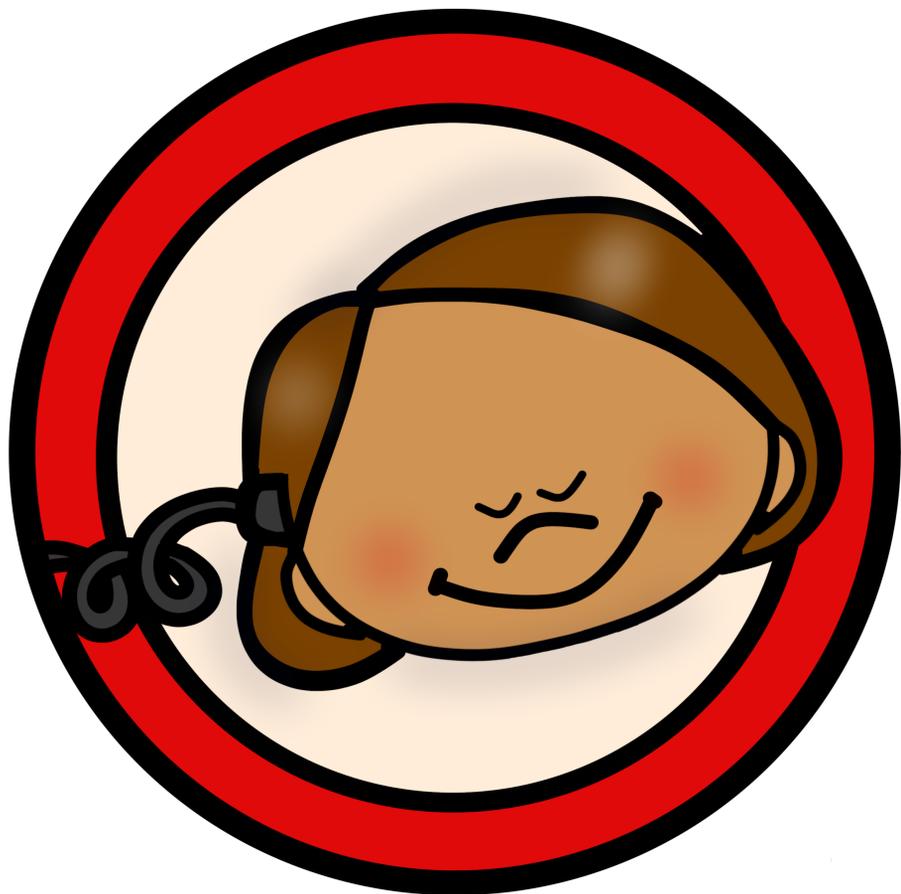
**calm corner:
A PLACE TO RECHARGE**



peace
corner:
A place TO
Recharge



**calm
corner:
A place TO
Recharge**



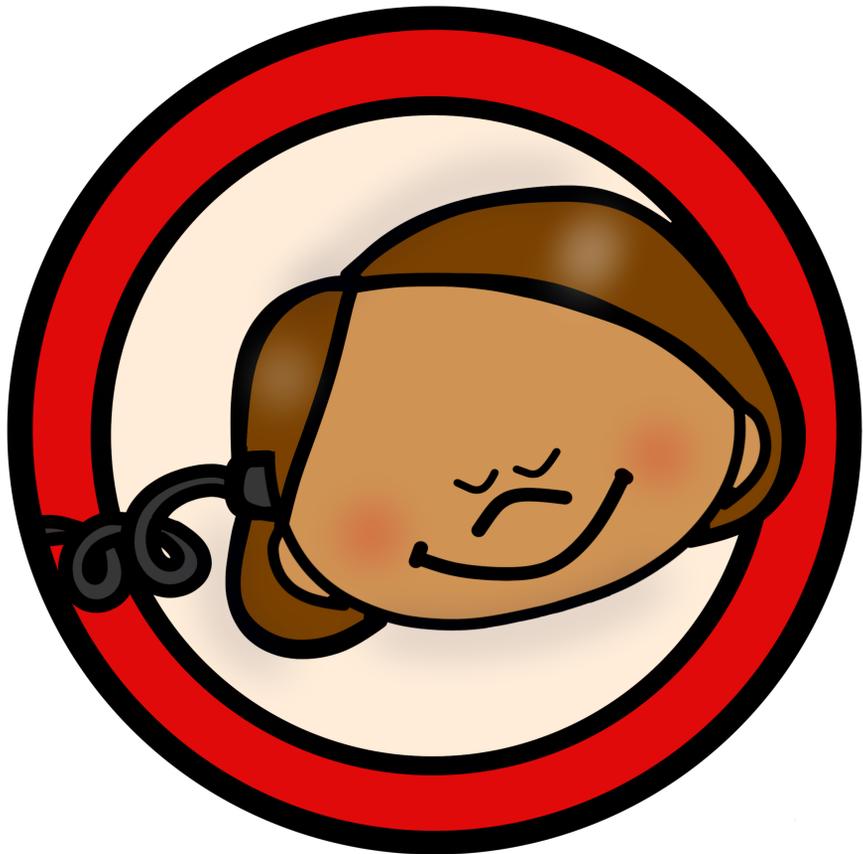
**Need a place to
recharge? Try to
peace corner.**



**Need a place to
recharge? Try to
Calm corner.**



**Need a place
to recharge?
Try to peace
corner.**



**Need a
place to
recharge?
Try to calm
corner.**



peace corner



calm corner



peace corner



calm corner





peace
corner



calm
corner



peace
corner



calm
corner



peace
corner

EXPECTATIONS



calm
corner

EXPECTATIONS



peace
corner

EXPECTATIONS



calm
corner

EXPECTATIONS

peace
corner
EXPECTATIONS



peace
corner
Expectations



Calm Corner Expectations



Calm Corner Expectations



peace corner EXPECTATIONS



Choose a + tool



Get
comfortable



Join the class
when it's time

peace corner EXPECTATIONS



Choose a tool



Get
comfortable



Join the class
when you're
ready

Calm Corner EXPECTATIONS



Choose a + tool



Get
comfortable



Join the class
when it's time

Calm Corner EXPECTATIONS



Choose a tool



Get
comfortable



Join the class
when you're
ready

calm corner Expectations



Choose a
tool

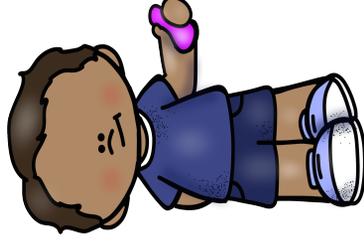


Get
comfortable



Join the
class when
you're
ready

peace corner Expectations



Choose a
tool

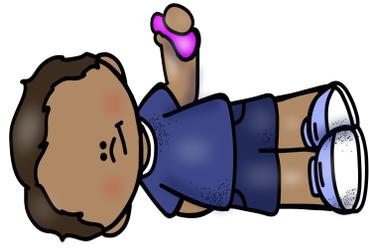


Get
comfortable



Join the
class when
you're
ready

calm corner
Expectations



Choose a
tool



Get
comfortable



Join the
class when
it's time

peace corner
Expectations



Choose a
tool

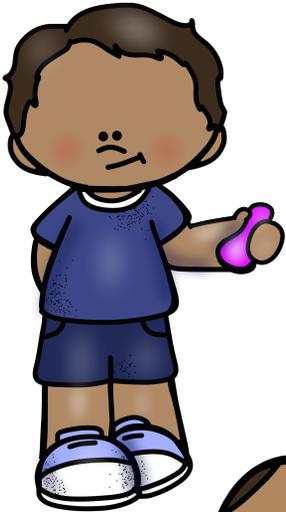


Get
comfortable



Join the
class when
it's time

peace corner EXPECTATIONS



Choose a tool
that helps you
calm down



Find stillness



Rejoin the class
calmly and
quietly

Calm Corner Expectations



Choose a tool
that helps you
calm down



Find stillness



Rejoin the class
calmly and
quietly

calm corner Expectations



Choose a
tool that
helps you
calm down

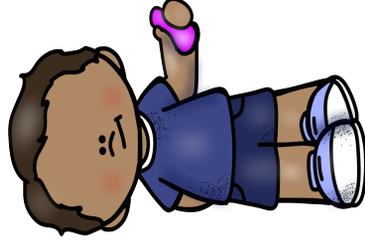


Find stillness



Rejoin the
class calmly
and quietly

peace corner Expectations



Choose a
tool that
helps you
calm down



Find stillness



Rejoin the
class calmly
and quietly

peace corner EXPECTATIONS



Choose a tool
that helps you
calm down



Find stillness



Rejoin the
class calmly and
repair the harm
if needed

Calm Corner Expectations



Choose a tool
that helps you
calm down

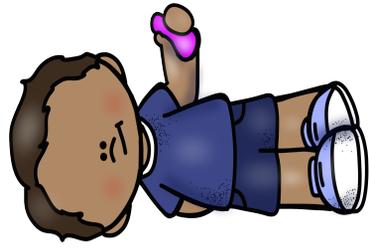


Find stillness



Rejoin the
class calmly and
repair the harm
if needed

calm corner Expectations



Choose a
tool that
helps you
calm down



Find stillness



Rejoin the
class calmly
and repair the
harm if needed

peace corner Expectations



Choose a
tool that
helps you
calm down



Find stillness



Rejoin the
class and
repair the
harm if needed

peace corner EXPECTATIONS



Choose a tool
that helps you
calm down



Find stillness



Rejoin the
class calmly and
make amends if
needed

Calm Corner EXPECTATIONS



Choose a tool
that helps you
calm down

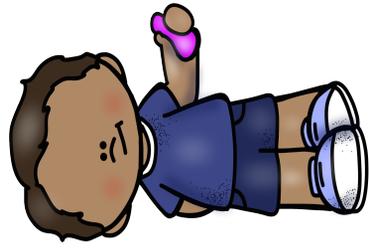


Find stillness



Rejoin the
class calmly and
make amends if
needed

calm corner Expectations



Choose a
tool that
helps you
calm down



Find stillness



Rejoin the
class and
make amends
if needed

peace corner Expectations



Choose a
tool that
helps you
calm down



Find stillness



Rejoin the
class and make
amends if
needed

peace corner guidelines



one person
at a time



use tools
appropriately



use this space
when you are
feeling mad or
overwhelmed,
NOT JUST TO PLAY

calm corner guidelines



one person
at a time



use tools
appropriately



use this space
when you are
feeling mad or
overwhelmed,
NOT JUST TO PLAY

Calming Strategy Cards

- Print one to 2 sided- one side has the image and the back has directions and explains the card
- Only put cards in the corner if have the materials. Ex. Stress ball
- Put them on a ring clip for students to flip through.

4 COUNT Breathing



4 COUNT Breathing

Inhale for 4 counts.
Hold the breath for
4 counts.
Exhale for 4.
Hold for 4.
Repeat 4 times.

Gratitude



Gratitude

Think about 3 things
you are grateful for.
For example:
friends, a pet, your
lunch.

smile list



smile list

Write down 3 things
that have made
you smile this week.

write about it



write about it

Write about how
you are feeling and
what happened.
Don't worry about
spelling or grammar.

Happy Thoughts



Happy Thoughts

Imagine friends, classmates, family, or pets that make you smile.

Imagine what they would say right now to help you feel better.

Happy Place



Happy Place

Imagine a place real or imaginary.

Imagine you are there.

What do you see?

What do you hear?

What do you taste or smell?

MUSIC



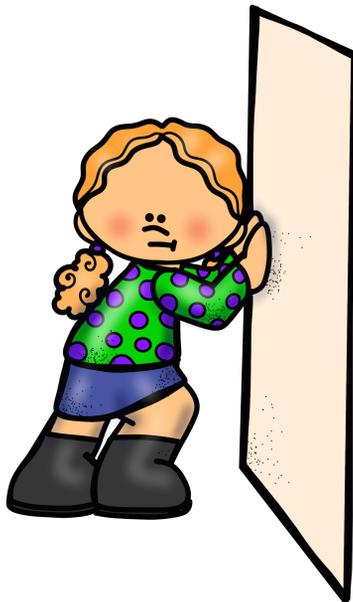
MUSIC

Put on the headphones and start the music.

If you can, close your eyes.

What instruments do you hear?

PUSH ON A WALL



PUSH ON A WALL

Push on a wall as hard as you can.

Count to 5.

Take a break.
Try it again.

Read a book



Read a book

Pick a book to read.
Quietly read the story.

How are the
characters feeling?
What part of the book
made you smile?

squeeze a stress ball



squeeze a stress ball

Inhale and squeeze
the ball.

Exhale and slowly
release the ball.

S+ACK



S+ACK

Use the tools and slowly stack them.

Go slow and see how high you can stack them.

Mindful Moment



Mindful Moment

Notice 5 things you see.
Notice 4 things you hear.
Notice 3 things you feel.
Notice 2 things you smell.
Notice 1 thing you taste.

Take a
break
Card



Take a
break
Card



Take a
break
Card



Take a
break
Card



peace
corner
pass



peace
corner
pass



peace
corner
pass



peace
corner
pass



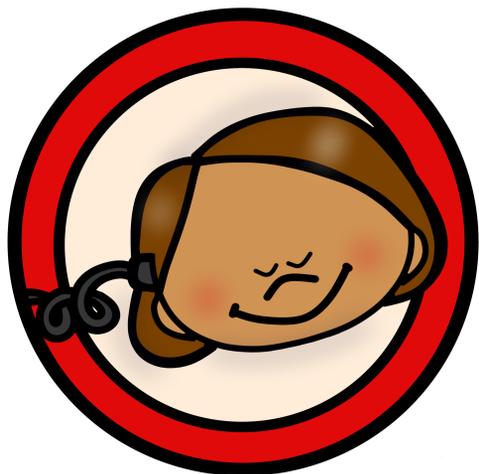
**calm
corner
pass**



**calm
corner
pass**



**calm
corner
pass**



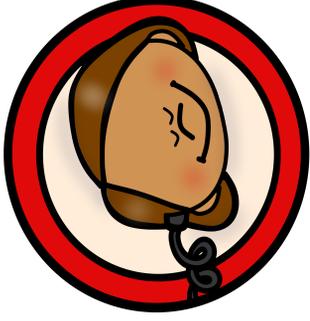
**calm
corner
pass**





calm
corner
pass

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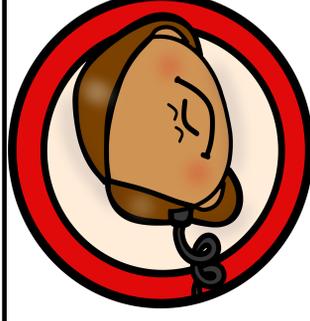
calm
corner
pass

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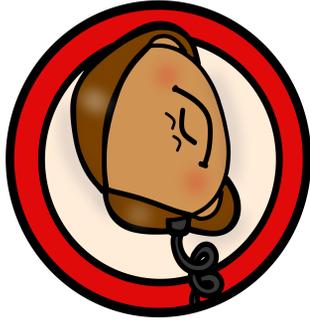
calm
corner
pass

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calm
corner
pass

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peace
corner
pass

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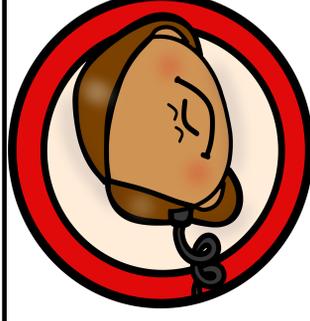
peace
corner
pass

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peace
corner
pass

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peace
corner
pass

--	--	--	--	--



Take a
break
pass

--	--	--	--	--



Take a
break
pass

--	--	--	--	--



Take a
break
pass

--	--	--	--	--



Take a
break
pass

--	--	--	--	--

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