

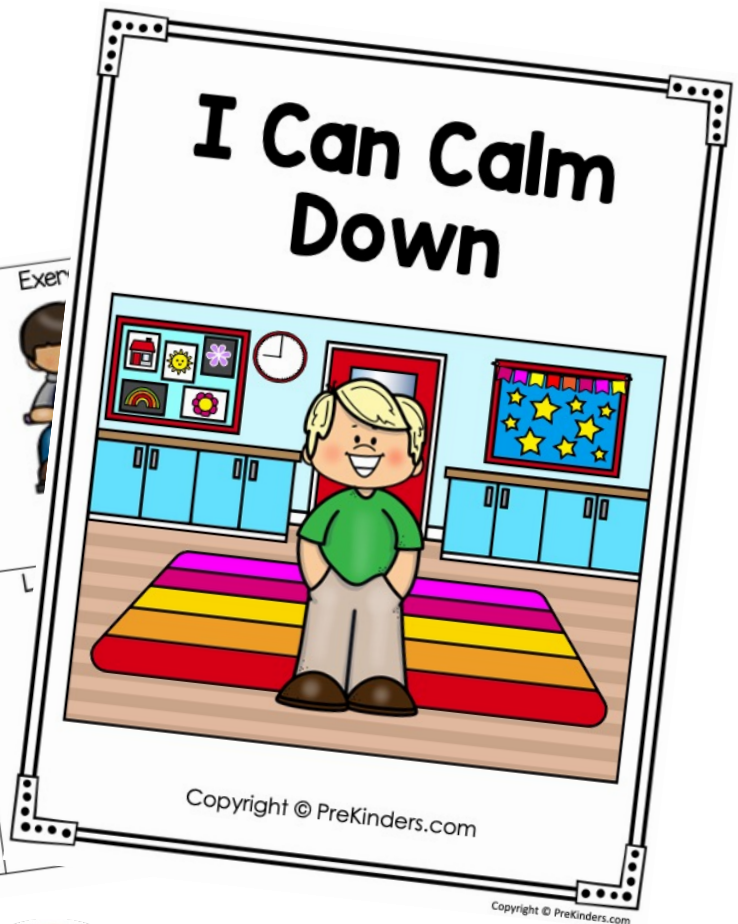
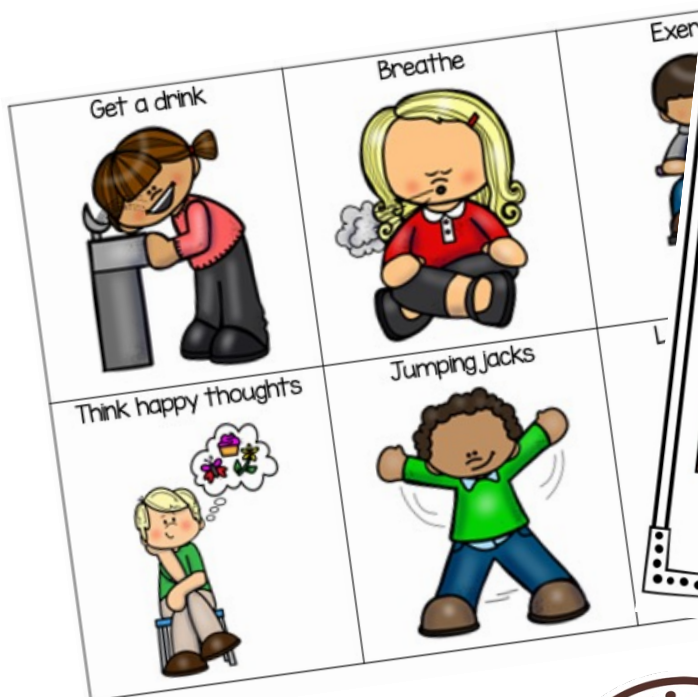
Calm Down Corner Printables

I hope you enjoy this free resource from prekinders.com!

Learn more about this activity here:

<https://prekinders.com/calm-down-corner-printables-ideas-free>

Find all files of the cards & book in both Color and Black & White at the link above.



Please enjoy this FREE resource. By downloading this resource, you are agreeing to the terms listed below.



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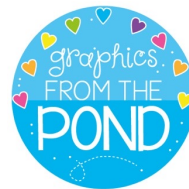
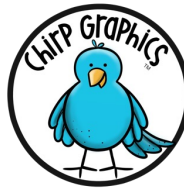
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Feel free to contact me if you have any questions.

Graphics Credits



Fonts by Kimberly Geswein

Printing Help

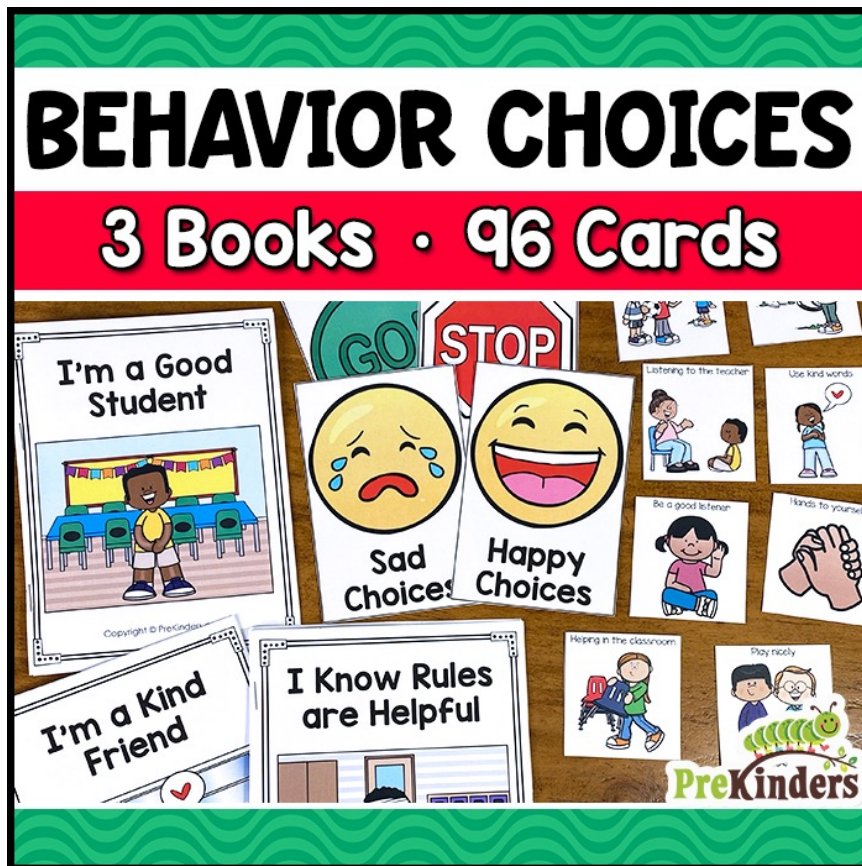
Find Printing Tutorials here: <http://www.prekinders.com/printing-help/>

Most issues can be resolved by updating Adobe Acrobat Reader on your computer.
When you only want to print one page, go to that page, put your cursor on that page, click CTRL-P, and select "current page". If you want to print just certain pages, but not others, click CTRL-P and type in the page numbers you want.

Thanks for downloading this freebie
from PreKinders.com

You will also like this Behavior Choices set!

Visuals help young children
understand expectations and routines!

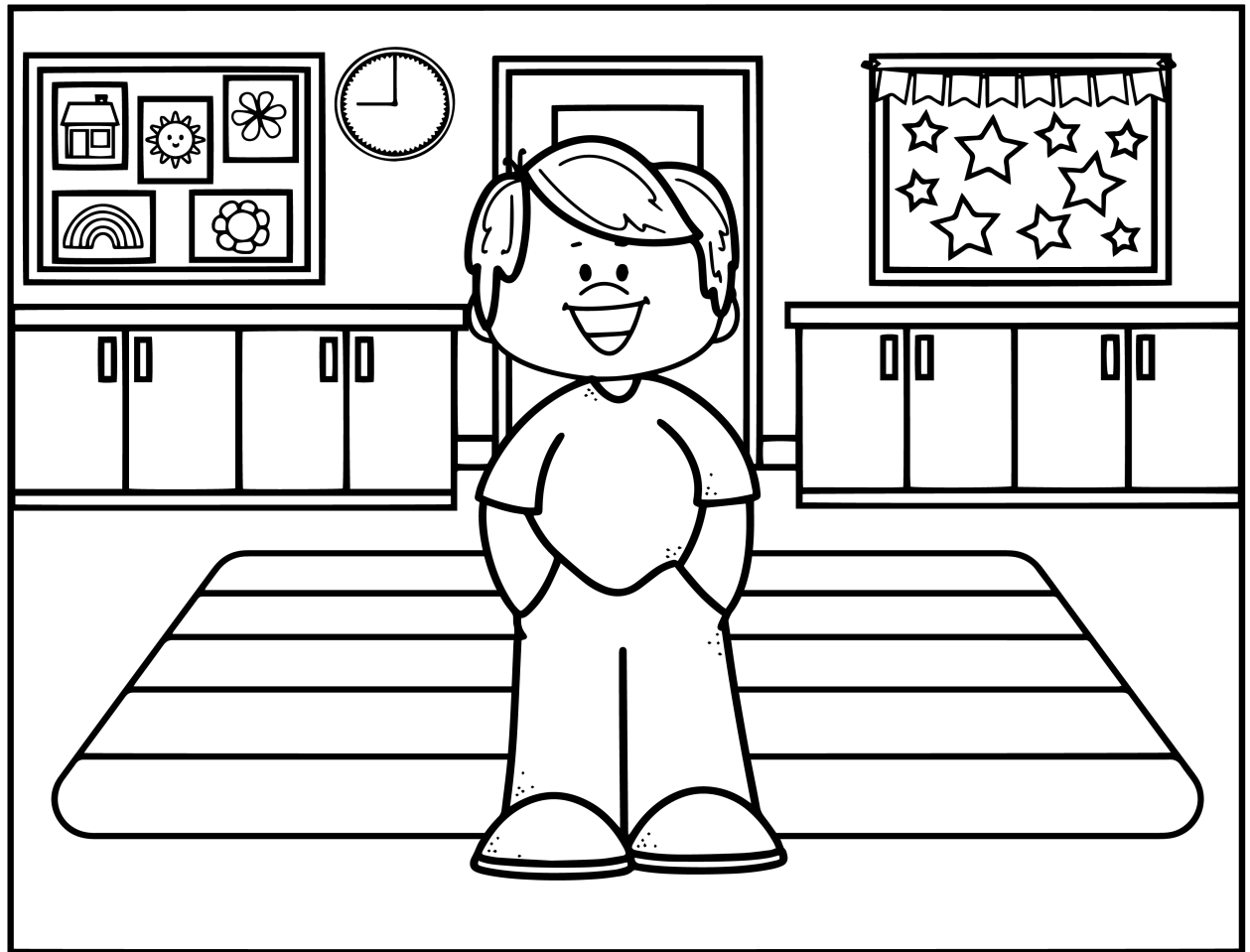


BUY ON TPT

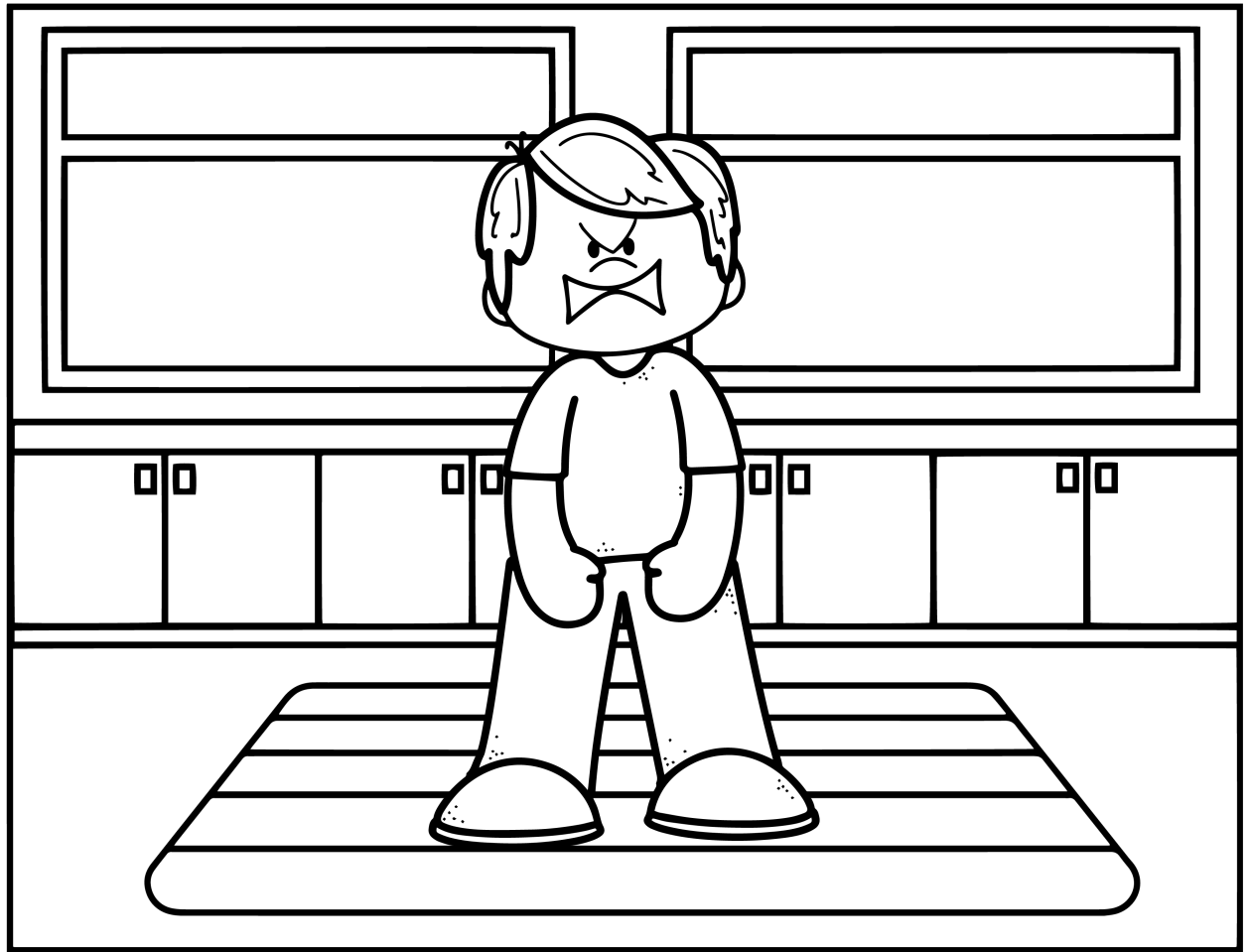
Includes:

- 3 books
- 96 cards

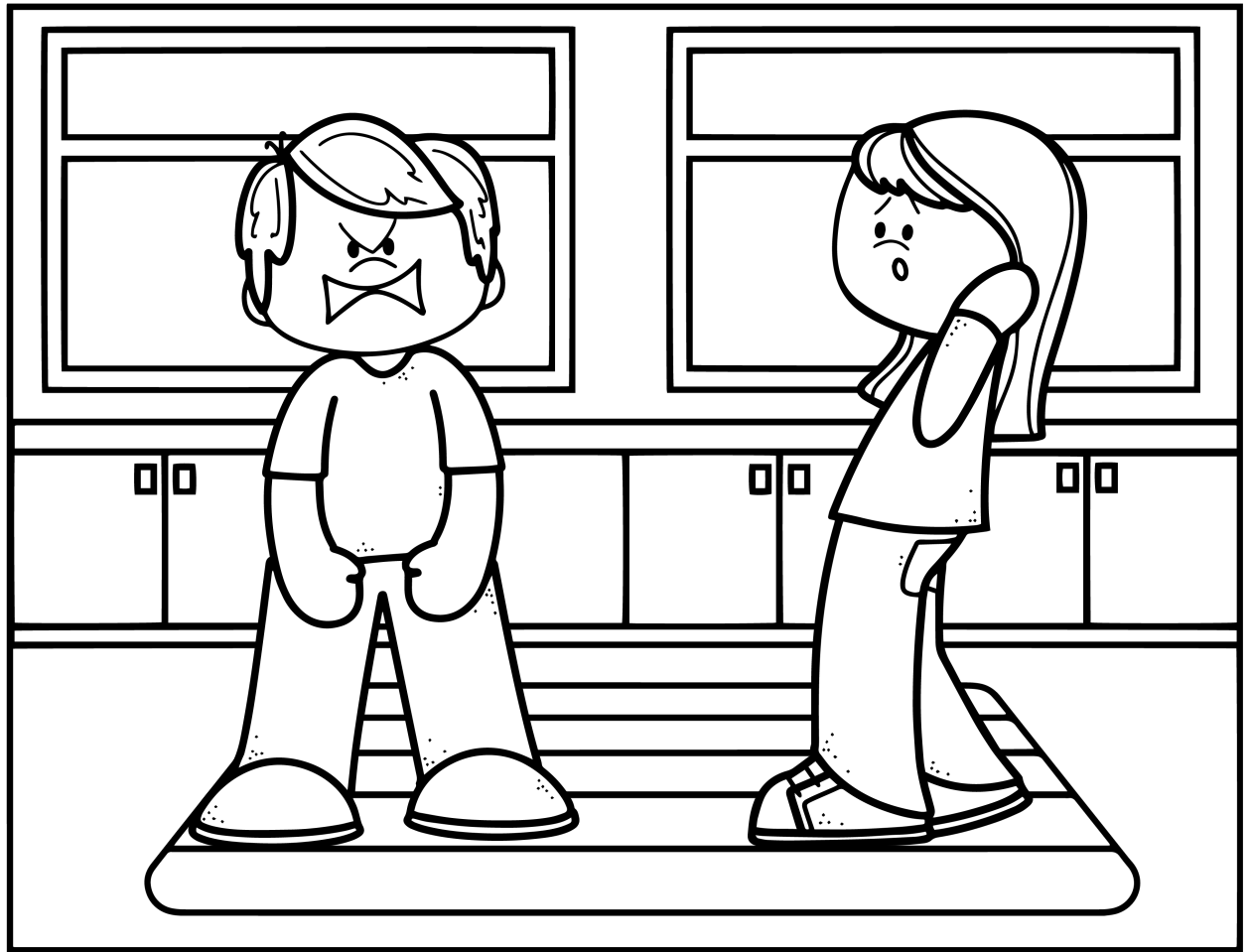
I Can Calm Down



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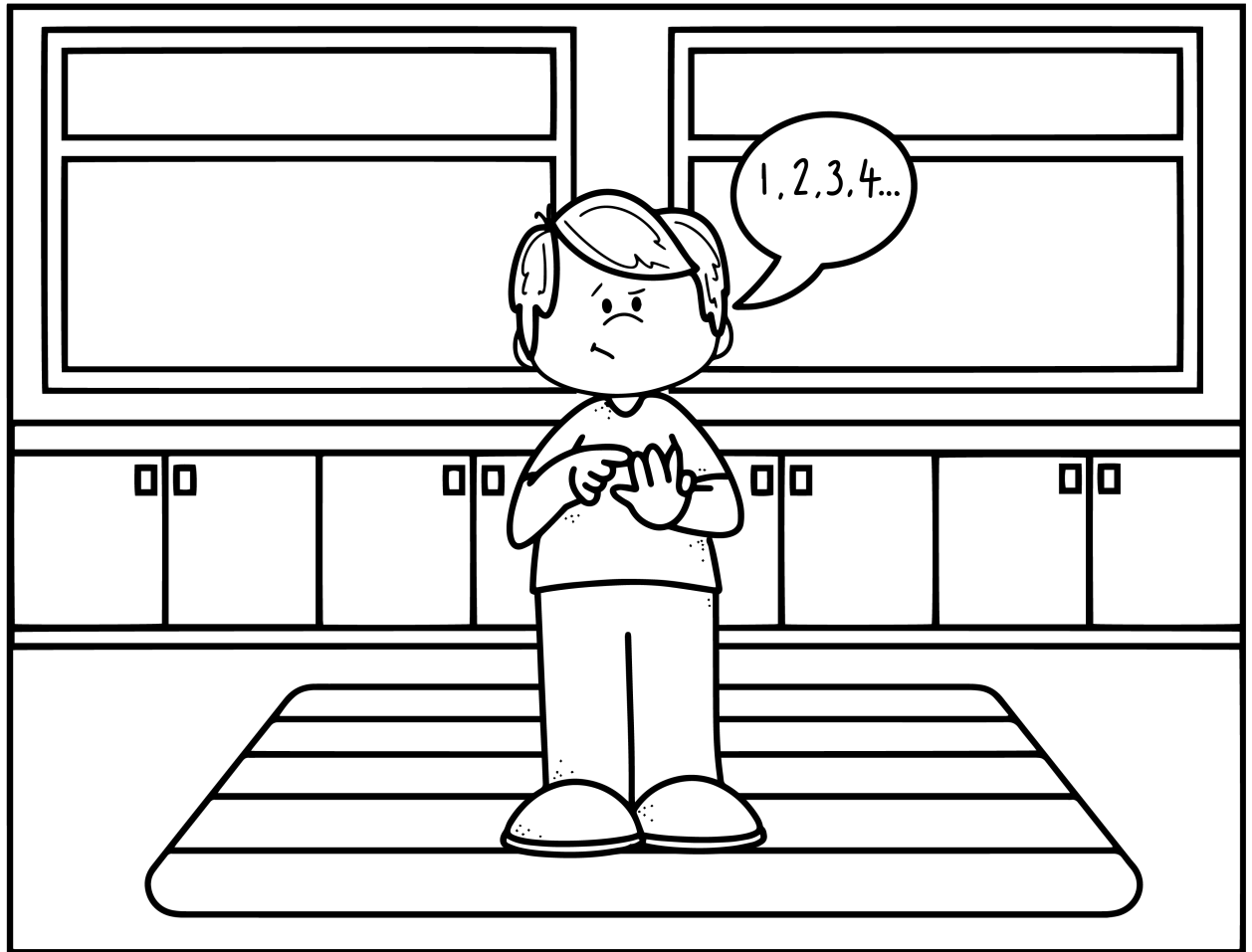


Sometimes, I get really angry when things happen that I don't like. It could be when someone breaks my toys, skips me in line, refuses to be my friend, or takes something away from me.



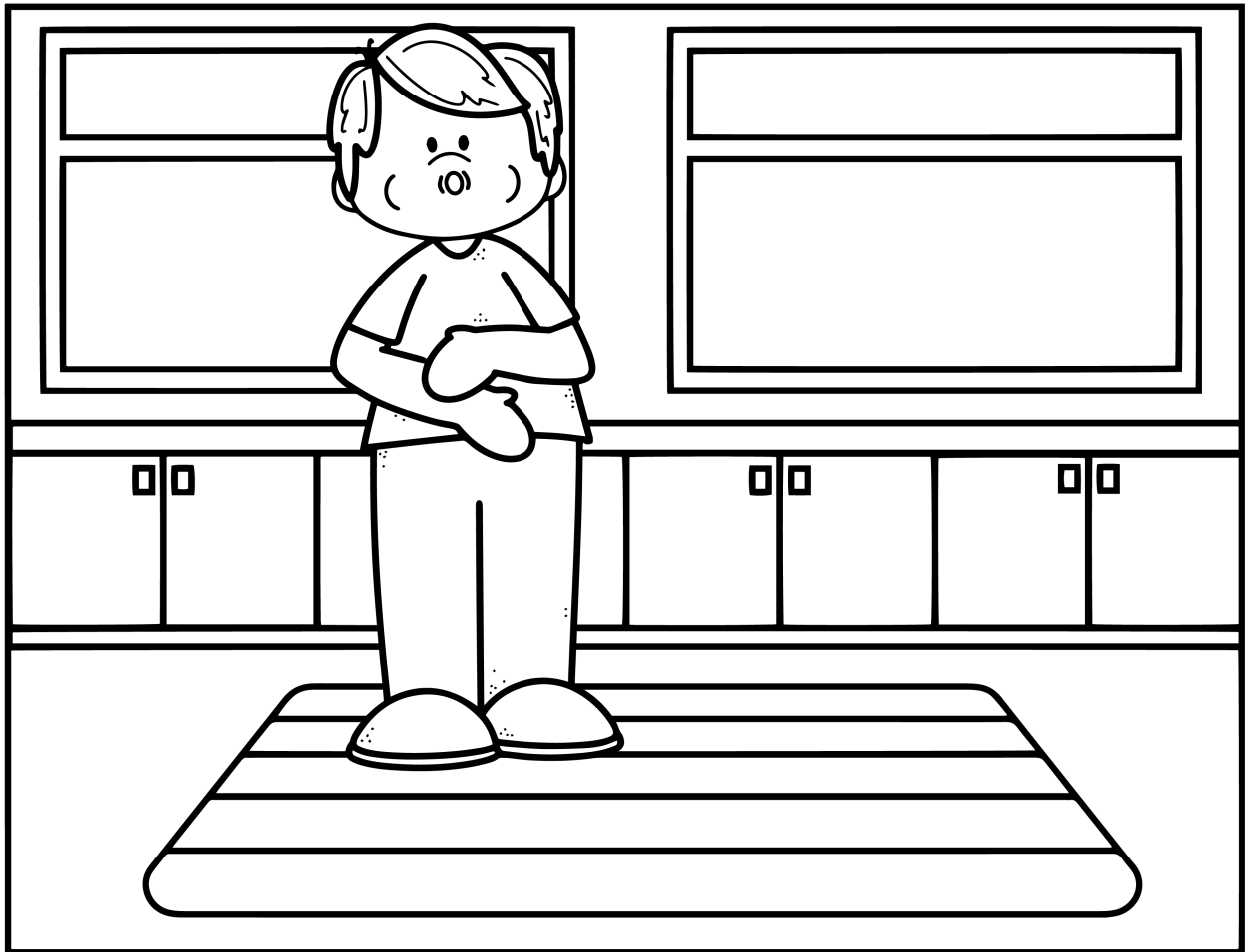
When I get angry, my friends might feel nervous because they don't know how I'll react. But I'm learning some special tools to help me calm down and feel happy again. Let me tell you about all about them!

Counting: One, Two, Three... Calm!



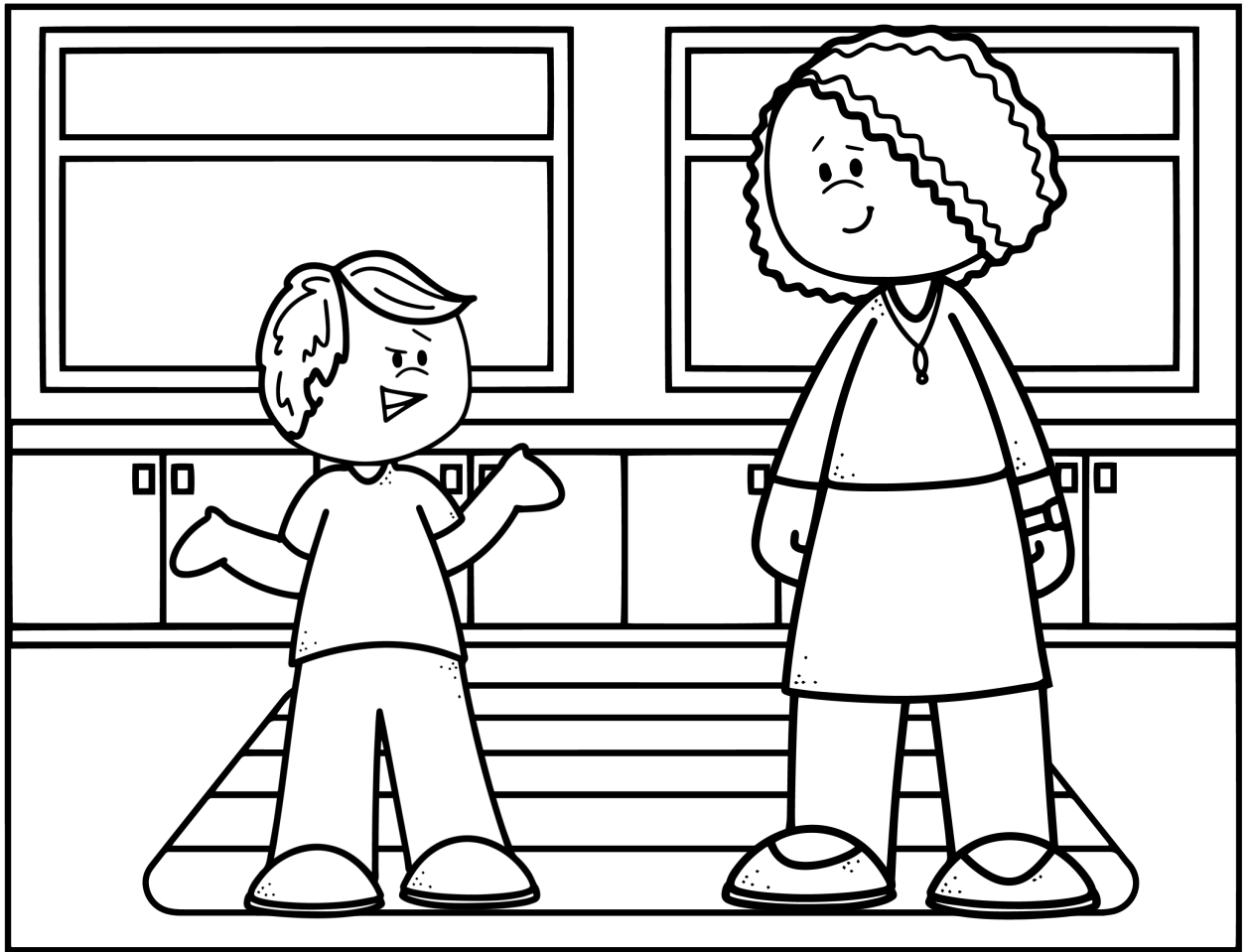
When I feel angry, I like to count to calm down. Take a deep breath and slowly count to ten. With each number, imagine your anger going away. It's like a magic spell that makes you feel better!

Breathe In, Breathe Out



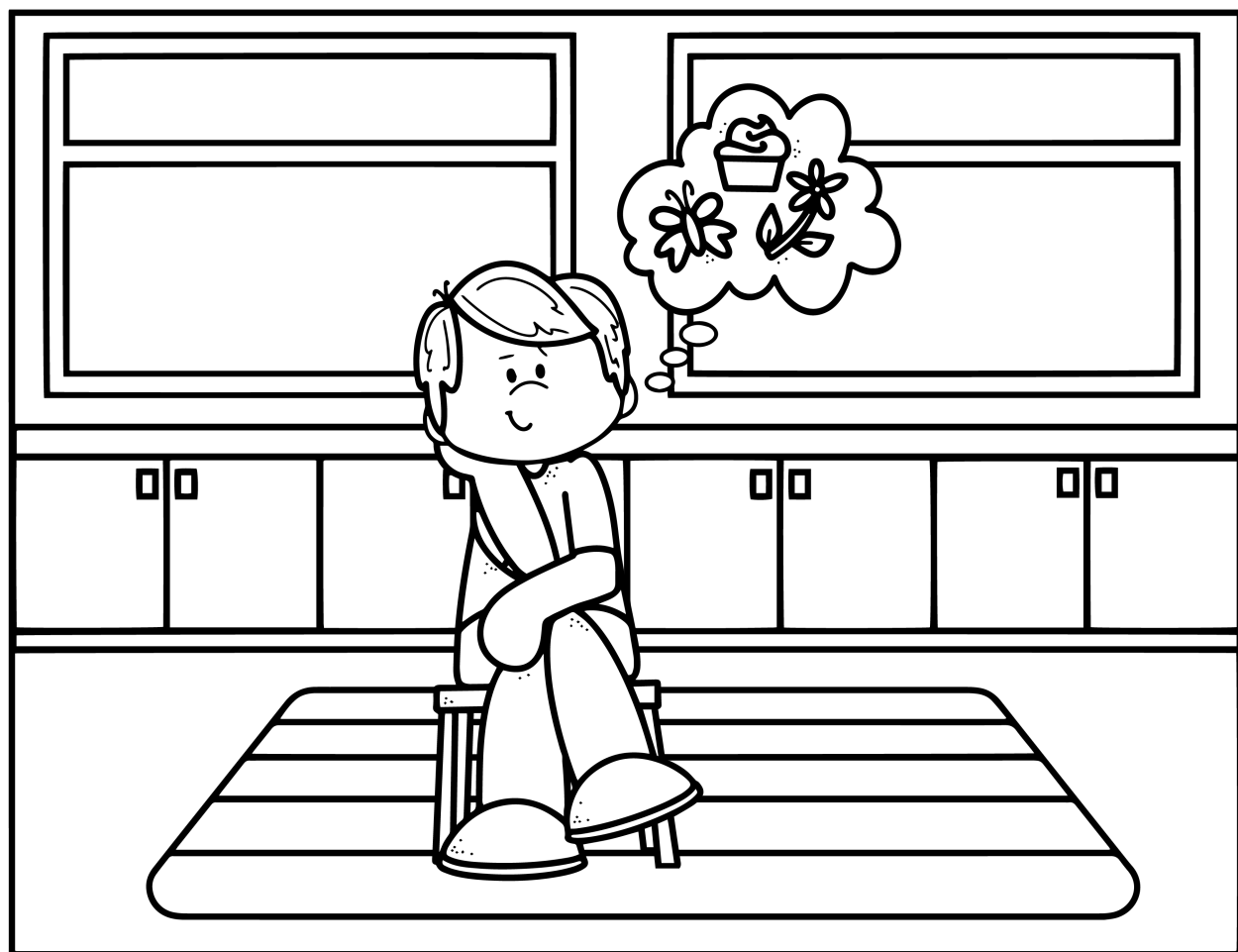
Taking big breaths can help us feel calm. Close your eyes and imagine a balloon in your tummy. Take a deep breath in, and let your balloon fill up with air. Now, blow the air out slowly, and imagine your balloon shrink. Feel how peaceful you become with each breath!

Talking with Our Teacher



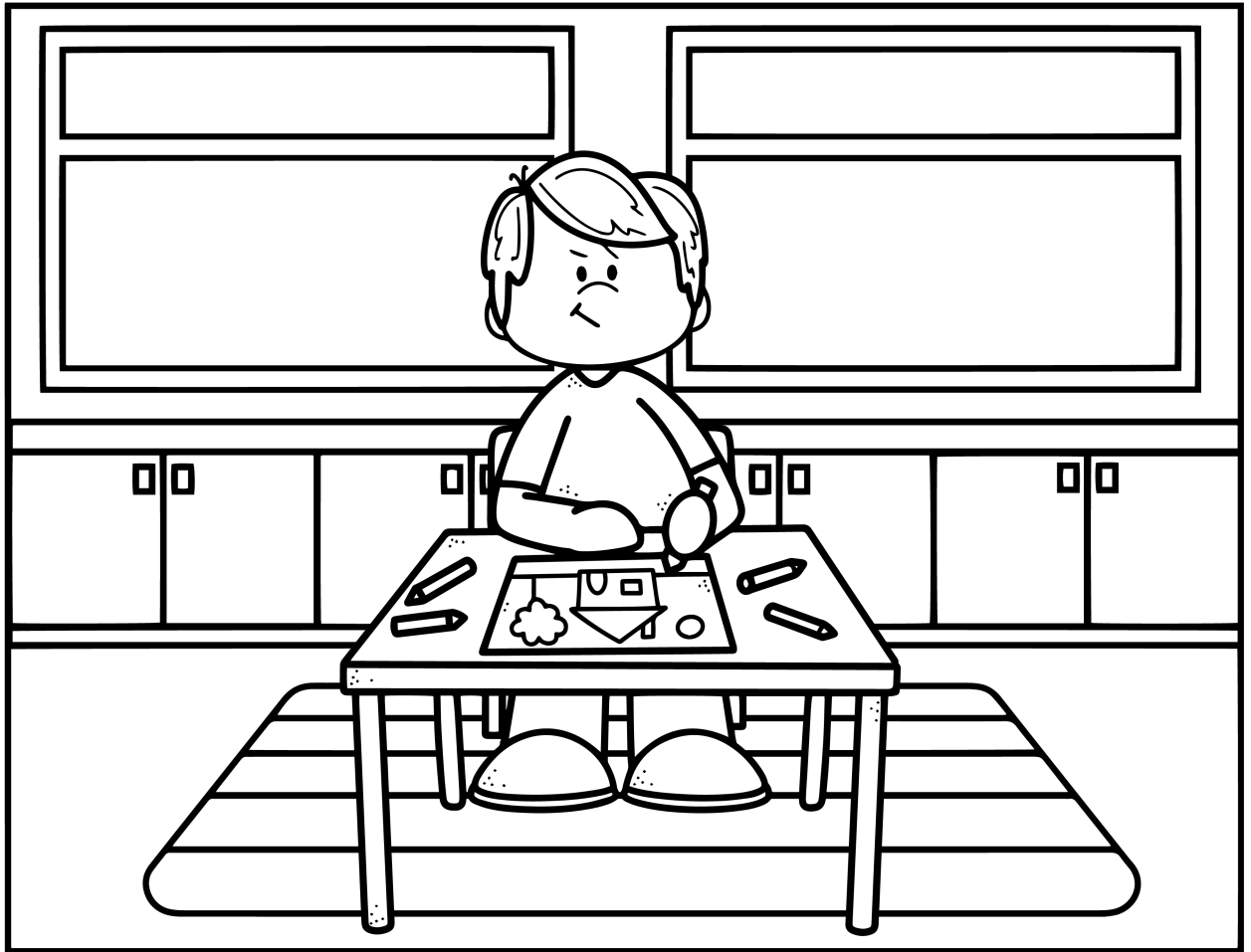
Sometimes, it helps to talk about our feelings. Our teachers are here to listen and help us. When we're angry, we can find our teacher and tell them how we feel. They will give us hugs and help us figure out what to do.

Thinking Happy Thoughts



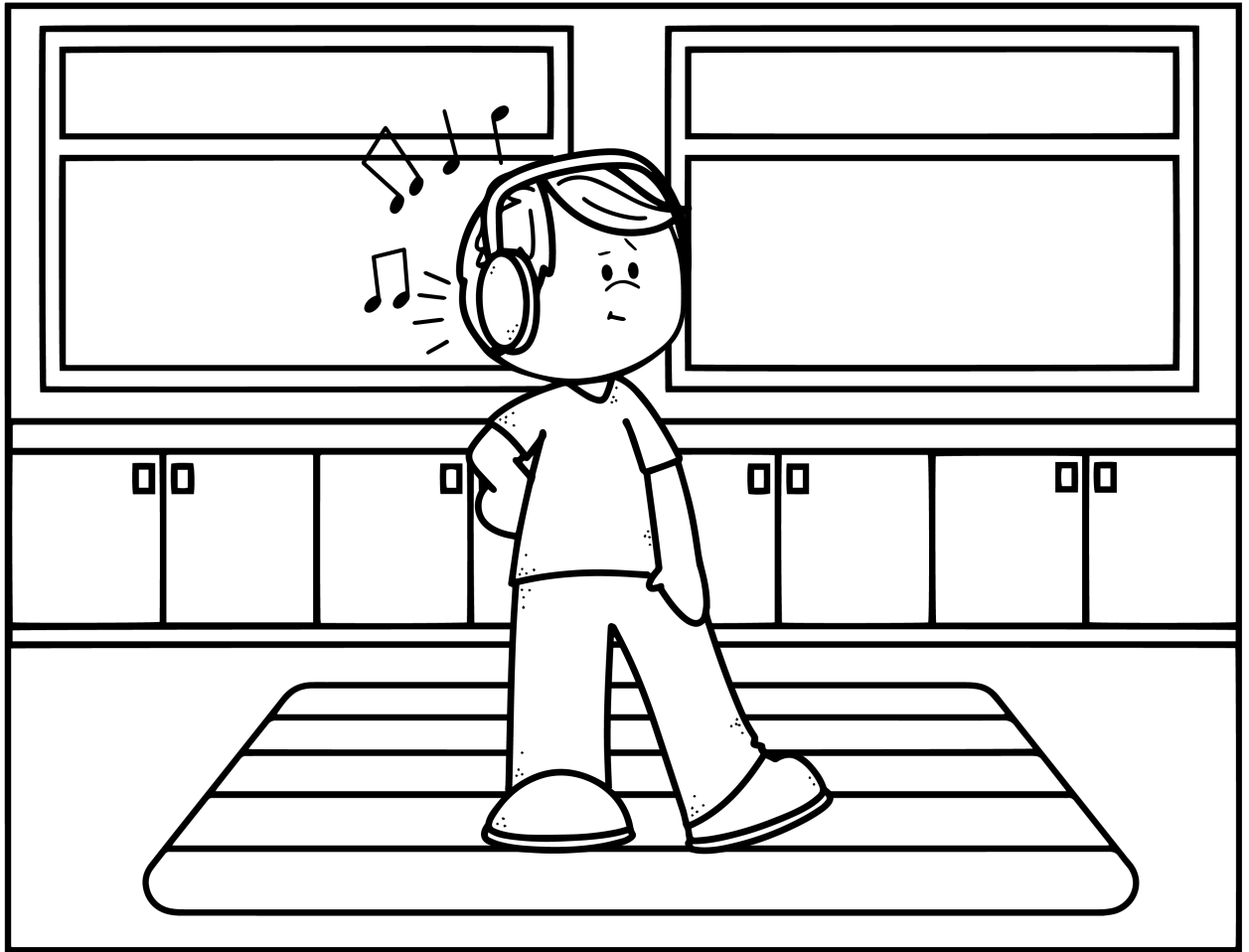
When anger makes us feel yucky, we can think of nice things to make us feel better. Imagine fluffy clouds, colorful rainbows, or funny animal friends. Picture yourself in your favorite place, doing something you love. Happy thoughts bring back our smiles!

Coloring Fun

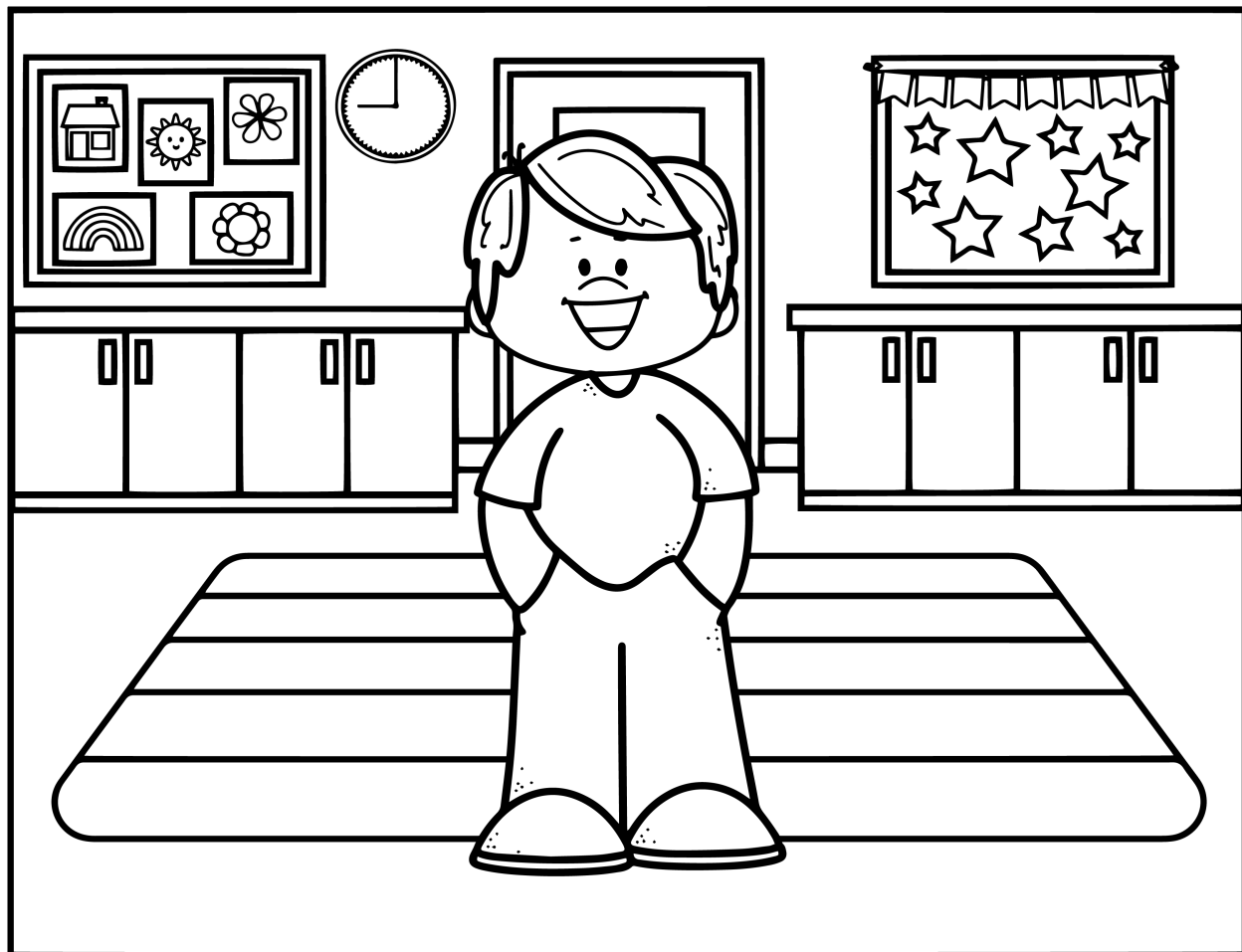


Coloring is a super fun way to calm down when we're mad. Grab your crayons or markers and start coloring. Pick your favorite colors and make beautiful pictures. As we focus on coloring, our anger fades away, and we feel peaceful and happy.

Magical Music



Did you know that music can make our anger disappear? Listen to your favorite songs or sing along to happy tunes. The music helps us feel relaxed and joyful. Dance and let the music bring back your giggles and laughter!



When anger tries to take over, we have special tools to make it go away. By using these special tools, we can find our happy place again. Remember, it's okay to feel angry sometimes, but we can always choose to be happy!