

Promising Practices: Student Well-Being Calming Corner

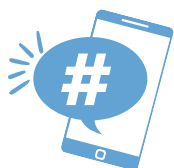


What is it?

The Calming Corner is a designated space in a classroom that supports students in staying focused on learning by giving them tools to process feelings and practice regulation skills.

Impact?

- Self-awareness
- Self-management
- Responsible decision-making



Show us how you did it: [#PromisingPractices](#) [#FreeTeacherResources](#)

About



To learn more about this resource:



[Promising Practices](#)



Submitted by:

Adalberto Valencia Sr.
Redbird Elementary
Mesa Unified School District

Promising Practices: Student Well-Being

Calming Corner



Sample



Grade Level

K-12

Additional Resources



[Watson Institute](#)

How to do it:

1

Select an out-of-the-way area in the classroom to create the Calming Corner.

2

Talk to the students about the importance of staying focused and ready to learn.

3

Talk to the students about how to use calming strategies to help them relax and not get frustrated.

4

Model for students how to properly use the calming corner to calm down.

