# My Calm Corner

Calm corner · Ages 2-6

The corner is a place your child goes with an adult, not a place they are sent to. The five steps stay in the same order every time. Tape the card at your child's eye height, right beside the cushion.

## The five steps

SAME ORDER EVERY TIME

1. **Go together** — 1 min
   An adult walks over with the child, sits down first, one cushion each.
2. **Breathe out first** — 2 min
   Hand on the belly, three slow breaths out, the adult breathes at the same pace.
3. **Name the feeling** — 1 min
   Point at one picture card and say the word out loud, whether the child answers or not.
4. **Pick one tool** — 3 min
   One thing off the shelf: the squeeze ball, the soft blanket, the picture book. One, not three.
5. **Rejoin play** — 1 min
   The adult says the corner is finished and walks back to the room with the child.

## Picture cards: point, do not ask

- [ ] Angry — hot face
- [ ] Sad — slow tears
- [ ] Scared — wide eyes
- [ ] Tired — heavy arms
- [ ] Too loud — hands on ears
- [ ] Fine now — ready to play

## Adult rules for the corner

The adult sits down too; the corner is never a time-out and never a locked door.

The corner holds one cushion, one light and one small shelf; toys beyond the five tools stay out.

The corner is used before the shouting starts, and it is used for good moods too, so the first visit is not a crisis.

**Safety:** For anything with a hazard in it - scissors, heat, water, small parts - the same rule applies: an adult, close enough to act.