
My Calm Corner

This is my safe space to feel calm, breathe, and reset.



Section 1 – Calm Breathing

- **Balloon Breathing:** Breathe in slowly through your nose, blow out like you're filling a big balloon.
- **Square Breathing:** Breathe in for 4, hold for 4, out for 4, hold for 4.

Section 2 – Grounding Game

5-4-3-2-1:

- 5 things I can see 👁️
- 4 things I can touch 🤚
- 3 things I can hear 👂
- 2 things I can smell 👃
- 1 thing I can taste 🍷

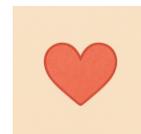
Section 3 – Positive Thoughts

- “I am safe.”
- “I can do hard things.”
- “This feeling will pass.”



Section 4 – Comfort Tools

- Hug a soft toy 🧸
- Wrap in a blanket 🛏️



- Listen to calming music 🎵
 - Draw or colour 🎨
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💙 *It's okay to feel worried. I can always find my calm.*