Calming Corner

Activity: Children will be introduced to, and practice, a variety of calming exercises.

Objective
Children will practice activities designed to promote self-regulation.

Targeted Standards
III. Social and Emotional Development
III.B.1. Demonstrates ability to self-regulate

http://flbt5.floridaearlylearning.com/standards.html#d=III&a=four_year-olds

Materials Needed
- The book: When Sophie Gets Angry—Really, Really Angry by Molly Bang
- Bubbles and wand to inhale deeply and exhale slowly
- Pinwheel to inhale deeply and exhale slowly (make it turn for a long time)
- Large star cut out (green arrows going up to each point instructing the child to inhale deeply as he uses his finger to trace that part of the star, blue arrows going down each point signaling that the child should exhale while tracing that part of the star with his finger)
- Crayons and paper to color a picture about how they are feeling
- Sensory Bottle to slowly tip and watch
- Zen Garden (covered container filled with sand, stones, and a small rake or fork)
- Play dough to kneed and roll
- Small stuffed animal (children may lay on the floor, place the animal on their tummy and breathe deeply to make the animal move up and down)
- Beanbag, large pillow, soft chair, or small mat
- Pictures of animal stretches see examples below:
  - Cat - On all fours, tuck your chin into your chest and round your back
  - Cow - On all fours, look up, arch your back
  - Flamingo - Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance

Checking for Understanding
Children will demonstrate their understanding of the lesson by, sharing something that makes them angry or upset and practicing each “calm down activity.”

Scaffolding
- If children have difficulty thinking about situations that make them angry or upset, assist them by providing possible scenarios.
- Walk the children through each activity, providing modeling and assistance as necessary.

Extensions
- Create a classroom book, When Miss ______’s Class Gets Calm—Really, Really Calm. Invite each child to draw a picture of something they like to do to help them calm down.
- Practice a variety of deep breathing, stretches, and relaxation exercises during group time.
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Procedures

1. Create a “Calm Down Corner” in the classroom by providing a comfortable place to sit and several of the activities below.

   In the Calm Down Corner:
   a) Beanbag, large pillow, soft chair, or small mat
   b) Pictures of animal stretches see examples below:
      • Cat - On all fours, tuck your chin into your chest and round your back
      • Cow - On all fours, look up, arch your back
      • Flamingo - Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance


3. Discuss how Sophie felt when her little sister took Gorilla. Ask the children to share what makes them angry. How did Sophie calm down? Explain that you have created a special place in the classroom that can help them calm down.

4. Introduce the “Calm Down Corner.” Explain each activity and invite the child to practice it with you. Which activity did each child like the best? Can they think of other things that may help them calm down?

5. Remind children that they may go to the “Calm Down Corner” when they are feeling angry or upset.