

THE CALM CORNER KIT

A dedicated space with tools to practice self-regulation & relaxation skills .

BREATHE

MOVE

Tips for teachers

BREATHE

- [Ball Breathing](#)
- [Balloon Breathing](#)
- [Belly Breathing](#)
- [Bunny Breathing](#)
- [Butterfly Breathing](#)

- [Cloud Breathing](#)
- [Color Breathing](#)
- [Ocean Breathing](#)
- [Rainbow Breathing](#)
- [Starfish Breathing](#)

MOVE

- [Eagle Stretch](#)
- [Head Nods](#)
- [Heel-Toe Rocks](#)
- [iFlow Stretches](#)
- [Mindful Stepping In Place](#)

- [Rag Doll Pose](#)
- [Shake It Out](#)
- [Star Pose](#)
- [Mindful Listening Walk](#)
- [The Sunward Sunflower](#)