

Calm Corner



RAINBOW GROUNDING



LOOK AROUND YOU

TRY TO FIND OBJECTS

OF EACH COLOUR

OF THE RAINBOW



5 4 3 2 1
GROUNDING

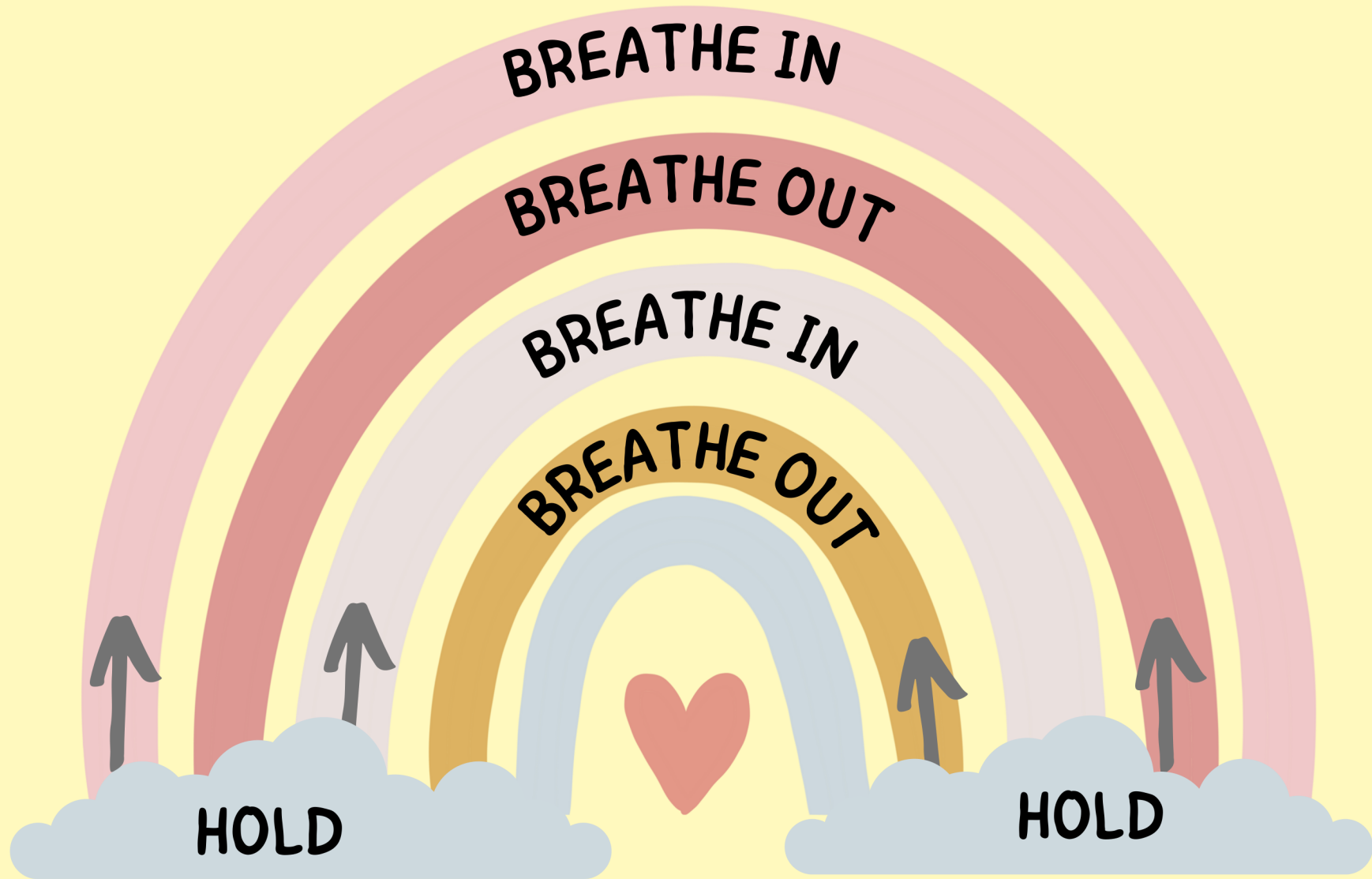


- 5** Things you can **SEE**
- 4** Things you can **FEEL**
- 3** Things you can **HEAR**
- 2** Things you can **SMELL**
- 1** Thing you can **TASTE**

CHOOSE
HAPPY



RAINBOW BREATHING



Calm Corner



5 4 3 2 1
GROUNDING



-  **5 Things you can SEE**
-  **4 Things you can FEEL**
-  **3 Things you can HEAR**
-  **2 Things you can SMELL**
-  **1 Thing you can TASTE**

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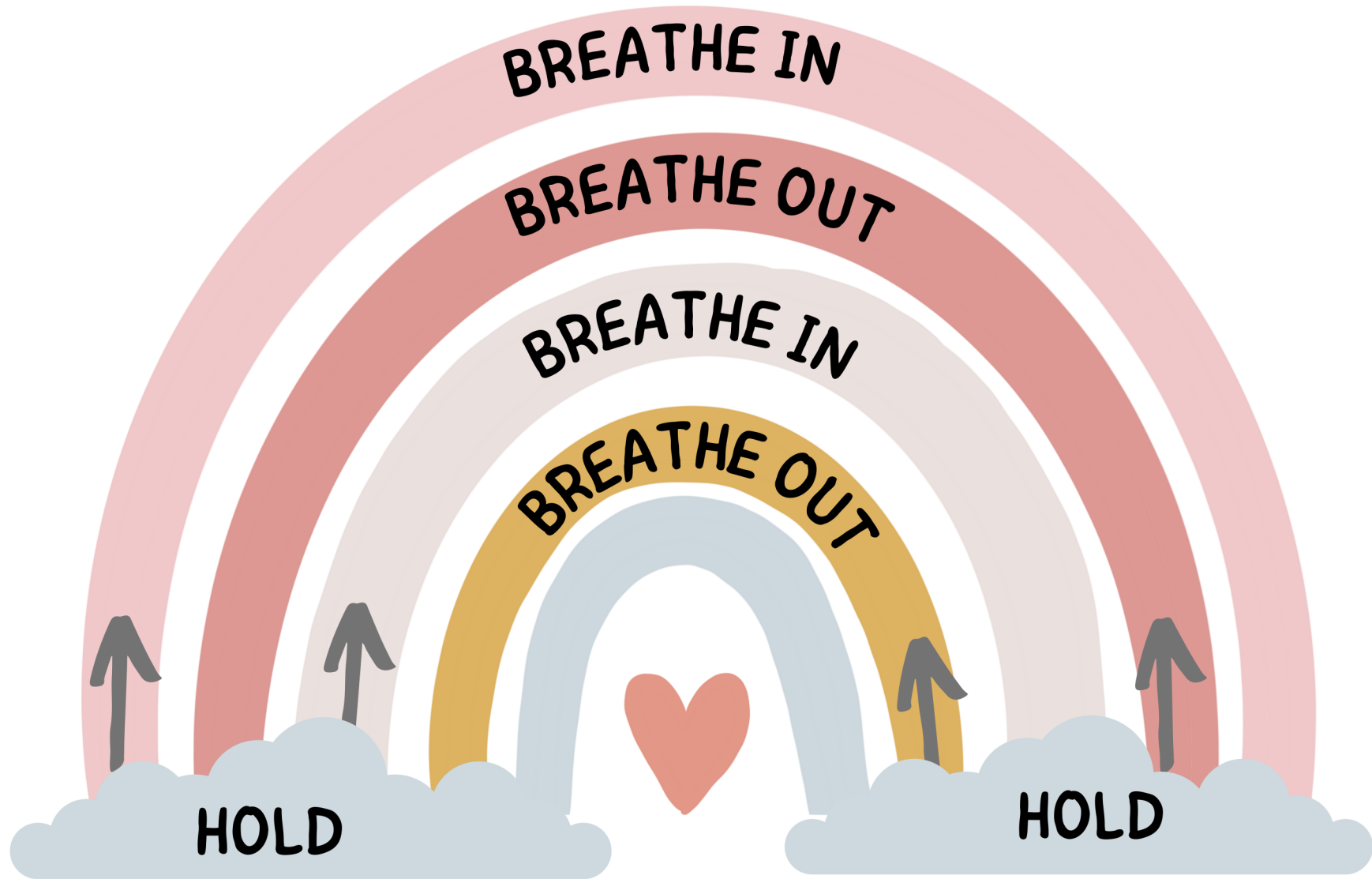
OF THE RAINBOW



CHOOSE
HAPPY



RAINBOW BREATHING





Thank You

Thank you for downloading my Calm Corner visuals. This set features several posters to display in your calm corner to help students with emotional self-regulation.

Printing

Use Adobe PDF Reader when opening, viewing or printing. Other PDF readers or printing on the web can sometimes result in a distorted document. Adobe is FREE!

Print on bright white cardstock. The colours in your final product will depend on the quality of your printer and may vary. For optimal results, you may prefer to have your file printed at a local print shop.

For longer use, laminate after printing.

Sincerely,

Krista Cochrane, M.Ed,
R. Psych.