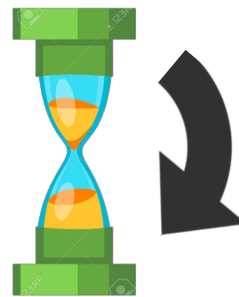


Calming Corner

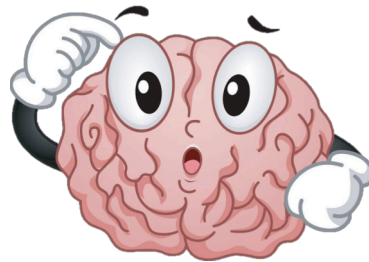
1. Take a seat



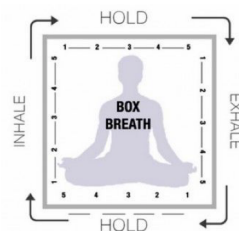
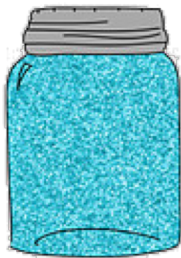
2. Flip the 5 minute timer



3. Use the "I Feel" poster to label your emotions



4. Choose a calming strategy



5. When the timer runs out, return quietly to your seat if you are ready