

# GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

5

THINGS YOU CAN  
**SEE**



4

THINGS YOU CAN  
**TOUCH**



3

THINGS YOU CAN  
**HEAR**



2

THINGS YOU CAN  
**SMELL**



1

THING YOU CAN  
**TASTE**



# CALM CORNER STEPS

1

NOTICE HOW YOU  
**FEEL**



2

SET THE  
**TIMER**



3

USE A  
**TOOL**



4

NOW NOTICE HOW YOU  
**FEEL**



5

GO BACK TO  
**WORK**



# CALM CORNER EXPECTATIONS

- We use the Calm Corner to help our bodies and minds feel calm — not to avoid work.

It's a space to reset, not escape responsibilities.

- We take care of the Calm Corner and everything in it.

No tearing, throwing, or damaging items.

- We use quiet voices and calm actions while we're there.

This helps us and others stay focused and peaceful.

- We stay in the Calm Corner for a short time, just enough to get regulated.
- We let a teacher know if we need help or if the Calm Corner isn't working for us.  
Asking for help is always okay.