GROUNDING TECHNIQUE

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



THINGS YOU CAN SEE



4

THINGS YOU CAN
TOUCH



3

THINGS YOU CAN HEAR



2

THINGS YOU CAN
SMELL



THING YOU CAN TASTE



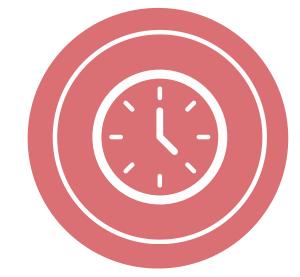
CALM CORNER STEPS

NOTICE HOW YOU FEEL



2

SET THE
TIMER



3

USE A TOOL



4

NOW NOTICE HOW YOU FEEL



5

GO BACK TO WOORK



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.