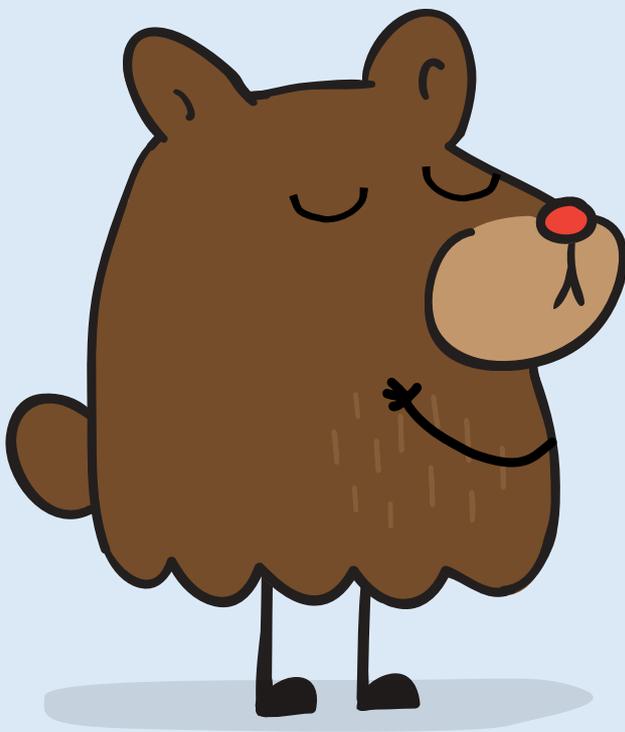
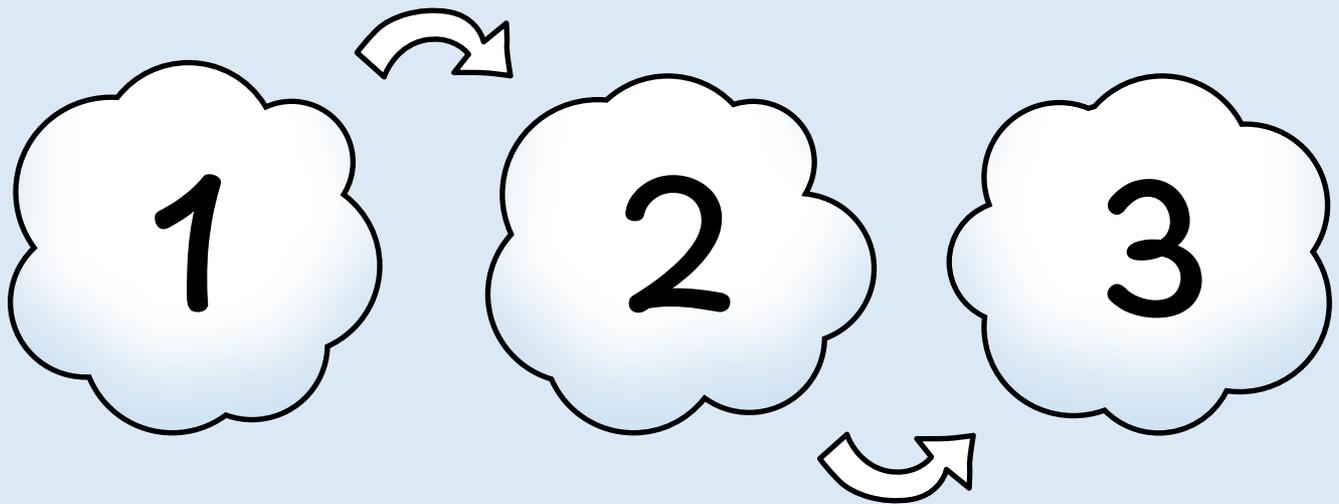


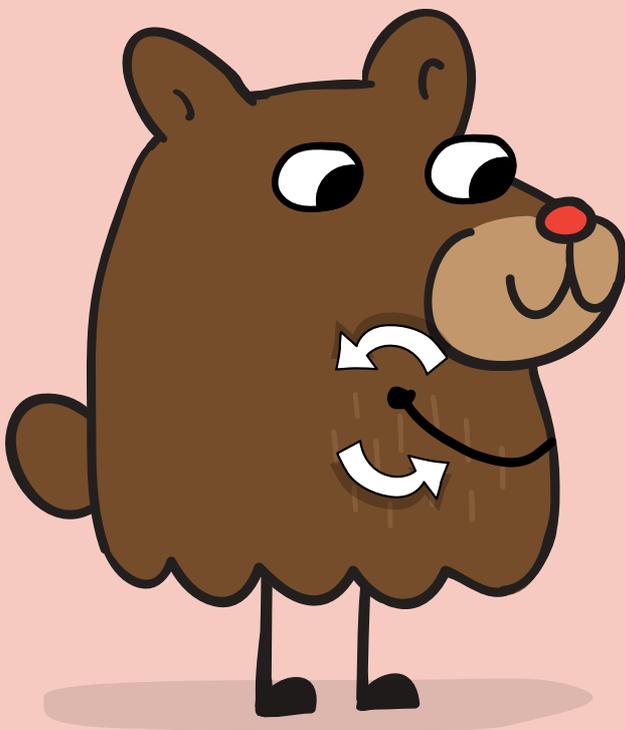
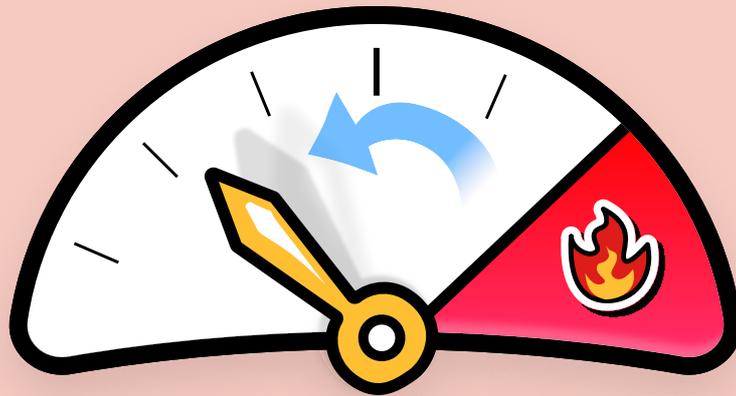
Take 3 deep breaths

Place your hand on your heart, fill your lungs completely, and exhale slowly



Pause to Relax

Turning your hand in circles while breathing helps calm your body down



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Calm Corner

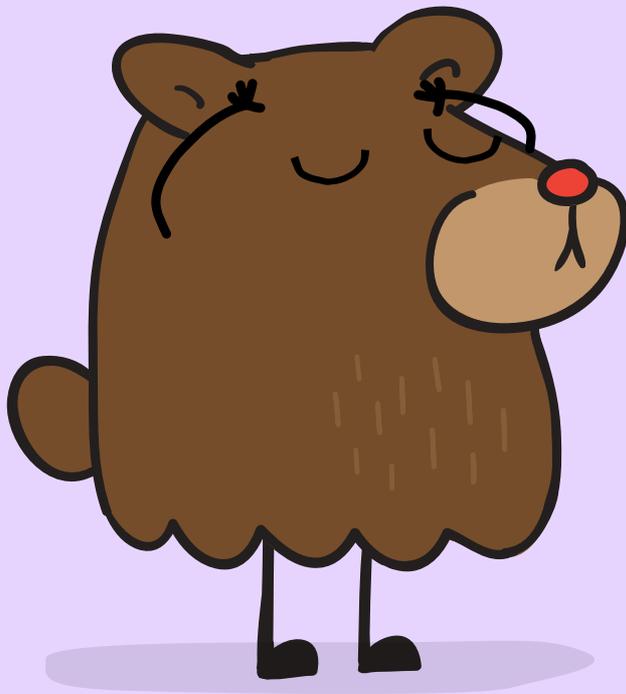
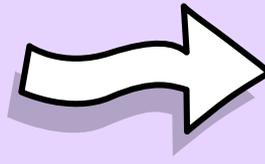
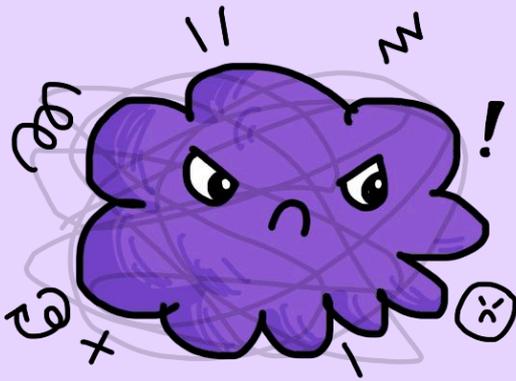
A Visual Support by The Catbears

For more resources visit

catbears.com

Clear bad thoughts

Place your hand on your head, let go of thoughts that make you feel bad



Dear Grownups,

Children need simple, visible tools to handle big emotions. A Calm Corner becomes meaningful when it includes small supports they can actually use in the moment.

You can build it step by step. Start with visual cards like taking deep breaths, pausing to relax the body, and clearing bad thoughts. Then add tools that help children express and understand what they feel, like the feelings keyboard, the feeling wheel, and the anger iceberg.

Each addition gives the child another way to pause, signal, and make sense of what is happening inside. Over time, the Calm Corner becomes a space they trust and return to on their own.

We continue to create more resources you can add, helping you shape a Calm Corner that supports real moments, not just ideas. All of these resources are available at catbears.com.

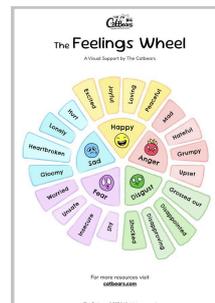
Love,
The Catbears



Anger Iceberg

Shows that anger is only what we see on the surface.

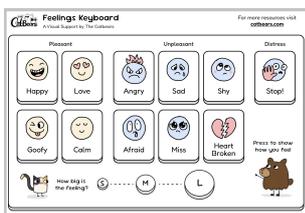
[Get resource →](#)



The Feelings Wheel

Help children identify and name their emotions.

[Get resource →](#)



The feelings keyboard

Helps children show how they feel when words are hard to find.

[Get resource →](#)