

Station Set-Up

Create a designated space in your classroom with a small basket of materials, a notebook, and a comfortable, well defined place to sit and write. The place should be inviting, uncluttered, and a bit removed from whole group areas including student tables or desks (if possible). The space should not double as a literacy or math station or other classroom need. The students need to know that this space is available to them at any time.

The basket can contain:

- Stress balls to squeeze
- Sand timer to remind students not to stay too long
- Notebook, pencils, and crayons to draw and write about feelings
- Small stuffed animal to hug
- Mirror to see the emotion on his or her own face in order to recognize it
- Emotion Reference Poster
- Reflection Poster
- Reflection printables
- How Are You Feeling? blank face printables
- Self Calming cards
- Directions

Ideas For Use

- This is not a traditional "Time Out". This is a place in the classroom where children can take a moment to decompress, take a breather, or think about making different choices.
- This space is not intended as a consequence.
- The students can go there on their own, but sometimes can be asked to go there by the teacher.
- The student will only stay there for about 1 or 2 minutes and use the egg timer so they don't stay too long.
- If a student visits this station too frequently, it is probably time to discern the reasons for the visits and develop a plan to meet the student's needs in a different way.

Take A Break

Reflection

How are you feeling?

What happened?

What can you do differently next time?

Are you ready to return?

calm focused

How Are You Feeling?

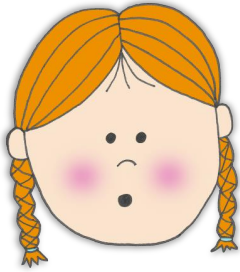
embarrassed	angry	worried
jealous	happy	disappointed
sick	surprised	excited

How Are You Feeling?

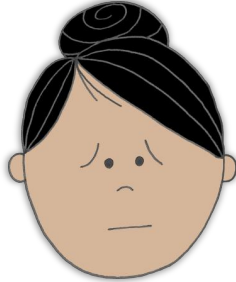
Blank form for student use.



How Are You Feeling?



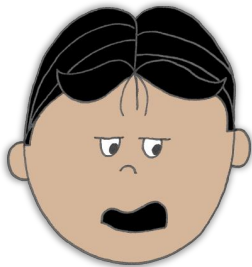
embarrassed



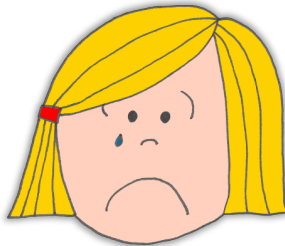
disappointed



worried



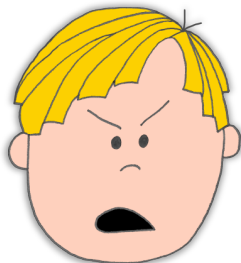
jealous



sad



frustrated



angry

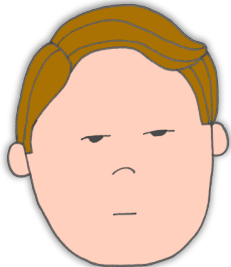


confused

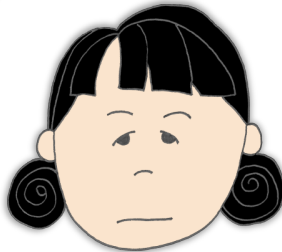


afraid

How Are You Feeling?



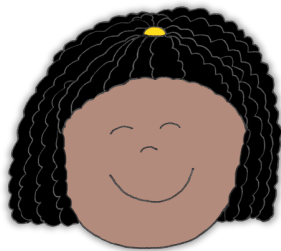
bored



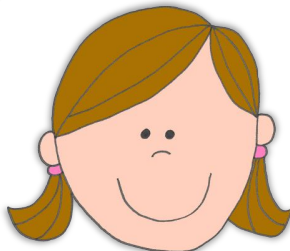
tired



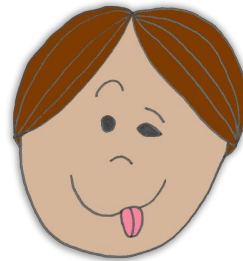
sick



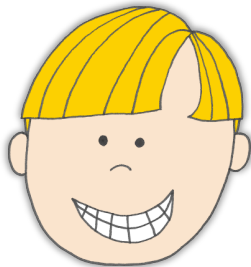
proud



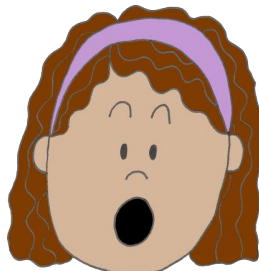
happy



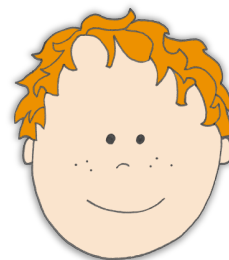
silly



excited



surprised



pleased

Reflection

How are you feeling?



What happened?

What can you do differently next time?

Are you ready to return?

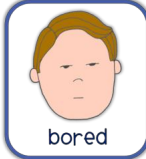
😊 calm

😊 focused



Reflection

How are you feeling?



What happened?

What can you do differently next time?

Are you ready to return?




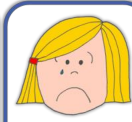






😊 calm

😊 focused



Reflection

How are you feeling?

 embarrassed	 disappointed	 worried
 jealous	 sad	 frustrated
 angry	 confused	 afraid
 bored	 tired	 sick
 proud	 happy	 silly
 excited	 surprised	 pleased

What happened?

What can you do differently next time?

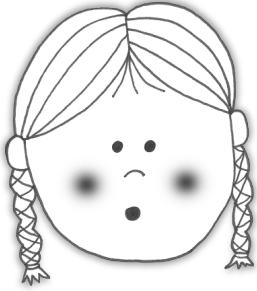
Are you ready
to return?

 calm

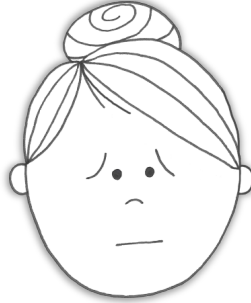
 focused



How Are You Feeling?



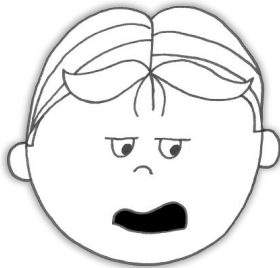
embarrassed



disappointed



worried



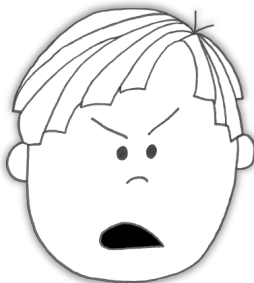
jealous



sad



frustrated



angry

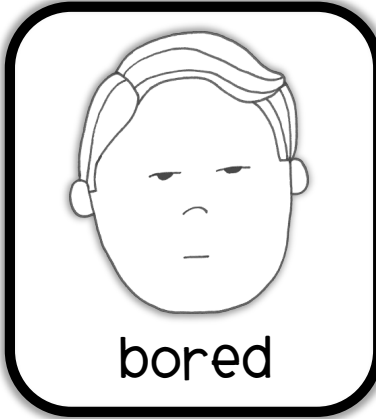


confused



afraid

How Are You Feeling?



Reflection

How are you feeling?



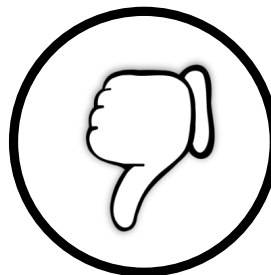
What happened?

What can you do differently next time?

Are you ready to return?

😊 calm

😊 focused



Reflection

How are you feeling?



What happened?

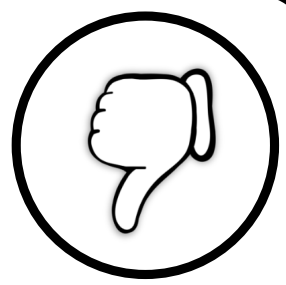
Blank space for writing a response to 'What happened?'

What can you do differently next time?

Blank space for writing a response to 'What can you do differently next time?'

Are you ready to return?

- 😊 calm
- 😊 focused



Reflection

How are you feeling?



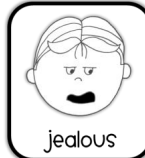
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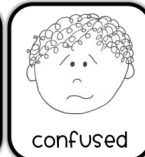
sad



frustrated



angry



confused



afraid



bored



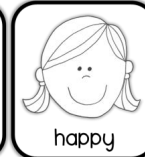
tired



sick



proud



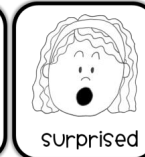
happy



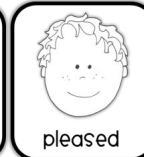
silly



excited



surprised



pleased

What happened?

What can you do differently next time?

Are you ready
to return?

😊 calm

😊 focused



Name _____

Date _____

Reflection

How are you
feeling?

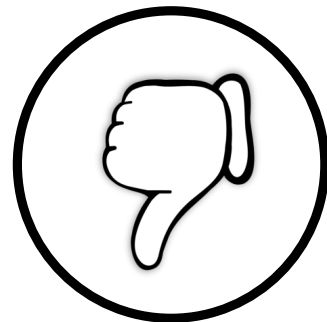
What happened?

What can you do differently next time?

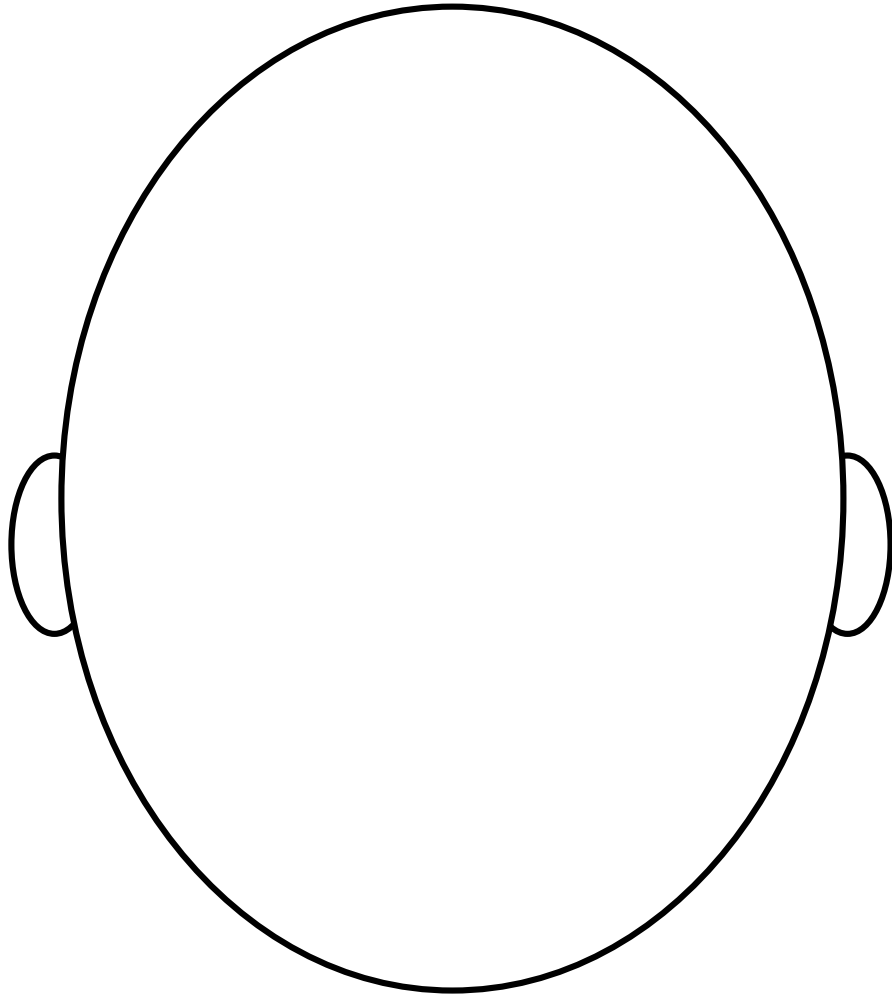
Are you ready
to return?

😊 calm

😊 focused

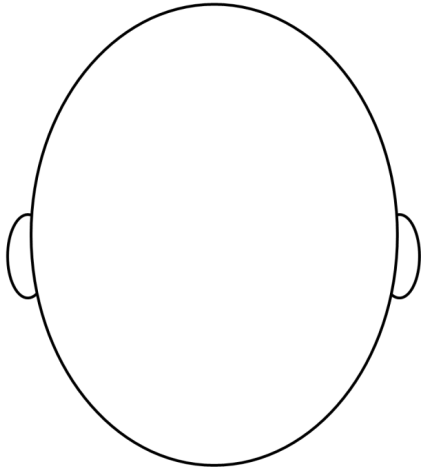


How Are You Feeling?



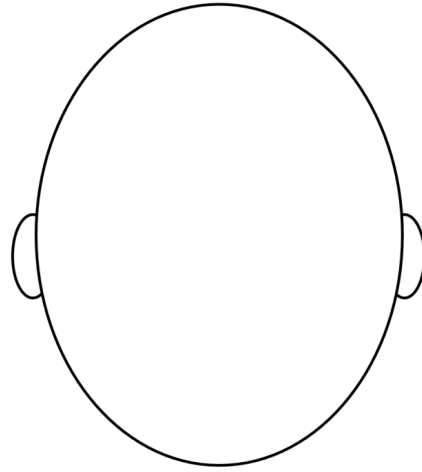
Name _____

How Are You Feeling?



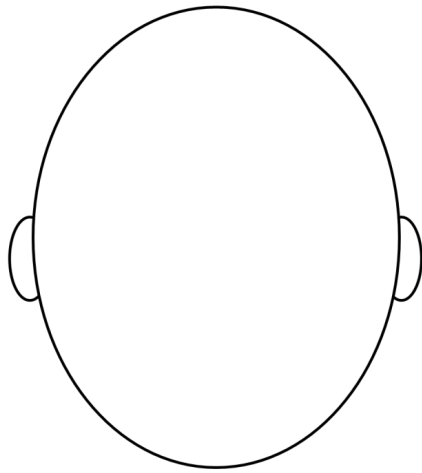
Name _____

How Are You Feeling?



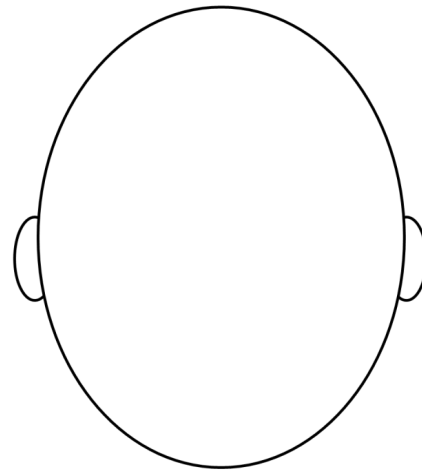
Name _____

How Are You Feeling?



Name _____

How Are You Feeling?



Name _____

Calming Cards

Directions

- Choose a card on the ring.
- Try the task on the card for at least 1 minute.
- If you still need to calm down, try another task.



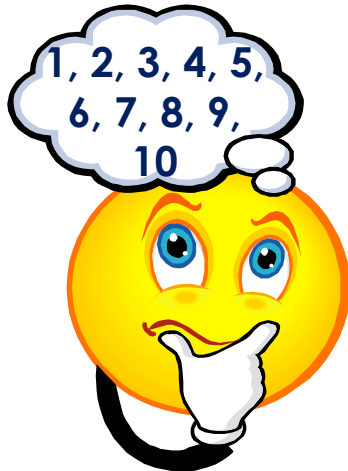
hug a stuffed
animal



smile



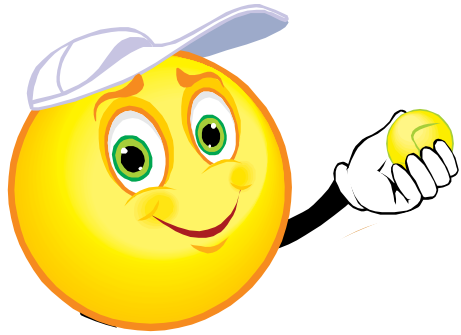
close your eyes



count to 10



think of
something funny



squeeze a ball












stretch




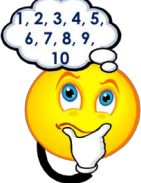







draw a picture



take a deep
breath

<h1>Calming Gard</h1>	 smile
 stretch	 think of something funny
 count to 10	 take a deep breath
 close your eyes	 draw a picture
 squeeze a ball	 hug a stuffed animal

<h1>Calming Gard</h1>	 smile
 stretch	 think of something funny
 count to 10	 take a deep breath
 close your eyes	 draw a picture
 squeeze a ball	 hug a stuffed animal