

Calm Corner Mini-Poster

(For Children & Families – Supporting Self-Regulation and Emotional Literacy)

This mini-poster is designed for display in calm corners, family areas, or classrooms. It helps children identify feelings, use calming strategies, and rejoin play once they feel ready. The language is child-friendly and adaptable across early childhood and school-aged settings.

When I Feel Upset...

- 1** Stop and Notice – Take a pause. What is your body telling you?
- 2** Name the Feeling – 'I feel angry', 'I feel sad', 'I feel worried', or 'I feel tired'.
- 3** Breathe Slowly – In through your nose, out through your mouth. Count 1...2...3.
- 4** Choose a Calm Tool – Hug a soft toy, squeeze a stress ball, draw, or listen to quiet music.
- 5** Ask for Help if You Need It – Talk to an educator, friend, or family member.
- 6** Rejoin Play – When you're ready, come back to play and try again!

Tips for Educators and Families

- Keep calm-down tools in one easy-to-reach space – a basket or small shelf.
- Use consistent language like 'Let's take a calm break' rather than 'Time-out'.
- Model using the calm corner yourself to normalise self-regulation.
- Display feeling faces or mirrors to help children name emotions.
- Offer quiet praise when a child chooses to calm themselves.

Message for Children

It's okay to feel upset sometimes. Everyone has big feelings. The calm corner is a safe place to rest, breathe, and get ready to play again.

Designed by Child Care Guide – For use in early learning services and family homes.

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