

CALM CORNER



Size of the problem



Emergency

I am in danger or hurt.
I need immediate help.



Huge Problem

I am angry.
I feel overwhelmed.



Medium Problem

Something is bothering me.
I feel anxious.



Small Problem

I can solve the problem
on my own.



Little Problem

I can solve the problem
quickly.

How are *you* feeling?



Happy



Angry



Nervous



Jealous



Worried



Shy



Silly



Scared



Focused



Surprised



Tired



Calm



Excited



Sad



Sick



Proud

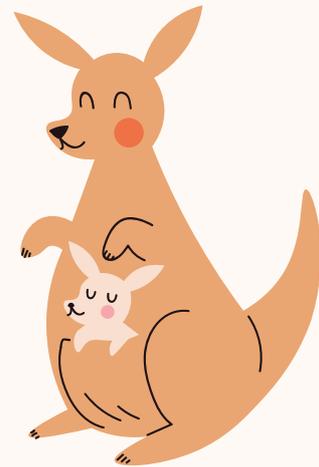
Australian Breathing Exercises

speakable
Speaking • Reading • Confidence



Koala Breathing

Breathe in slowly like a sleepy koala climbing a tree.
Exhale with a soft sigh.



Kangaroo Breathing

Take two quick nose sniffs and one long exhale, like bouncing in place!



Wombat Breathing

Take a deep belly breath, hold it like a wombat in a burrow, then let it out slowly.



Penguin Breathing

Inhale big, puff your chest like a penguin, then exhale with a flap!