

The
Mental Wealth Co.

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Children's Calm Corner Cards

Ten printable cards for a home or classroom calm corner.

A FREE RESOURCE · [THEMENTALWEALTHCO.COM](https://thementalwealthco.com)

Hi, grown-ups,

A calm corner isn't a punishment. It's an offered choice — a small, safe space a child can go when their body is telling them they need to reset.

These ten cards are meant to be printed and placed in that space. Read through them with your child first, so the tools are familiar before they're needed. Then let them choose which one to try in the moment.

The goal is not for the child to 'calm down' on demand. The goal is to make it easier for them to notice what their body needs — and to feel a little more in charge of taking care of themselves.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

Setting up a calm corner

What you need

- A small, low-traffic spot — a nook, a beanbag, a corner of the couch.
- Something soft: a blanket, cushions, or a stuffed animal.
- The printed cards, at your child's eye level.
- Optional: a small water bottle, a stress ball, a favorite book.

How to introduce it

- Set it up together when everyone is calm.
- Explain, 'This is a place you can go when your body needs a reset. It's not a time-out. You can come out whenever you want.'
- Practice using one of the cards together, in a low-stakes moment.

If your child refuses at first, that's normal. Model it. When you're overwhelmed, say out loud, 'I'm going to go sit in the calm corner for a minute.' Kids learn by watching.

Cut. Print. Post.

Belly Breaths

Put one hand on your belly. Breathe in slowly through your nose and feel your belly grow like a balloon. Breathe out slowly through your mouth. Do this 5 times.

Bear Hug

Wrap your arms around yourself and give yourself a big squeeze. Hold for as long as feels good. Repeat if you want.

Feet on the Floor

Sit down. Put both feet flat on the floor. Notice how they feel — warm, cold, tingly. Say to yourself, 'I am here. I am safe.'

5 Things

Look around and name 5 things you can see. Then 4 things you can hear. Then 3 things you can touch. Then 2 things you can smell. Then 1 thing you can taste.

Cut. Print. Post.

Push the Wall

Stand near a wall. Put your hands on it. Push as hard as you can for a slow count of 10. Rest. Do it again if you want.

Wiggle It Out

Stand up. Shake your hands. Shake your arms. Shake your legs. Jump up and down 10 times. Then take a big breath.

Drawing Feelings

Grab a marker. Draw the feeling. It can be any color, any shape. It doesn't have to look like anything.

Cozy & Quiet

Wrap yourself in a soft blanket. Close your eyes. Listen to your breath for 1 minute. Nothing else has to happen.

Cut. Print. Post.

Water Break

Get a glass of cold water. Drink it slowly. Notice how it feels in your mouth and belly.

Ask for Help

It's brave to ask for help. Go tell a grown-up: 'I'm having a big feeling. Can you sit with me?'

A gentle note.

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If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

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With warmth,
The Mental Wealth Co.