

USING THE CALMING CORNER



This is the calming corner.



A calming corner is a safe place I can use to calm my body.



Everyone has feelings.



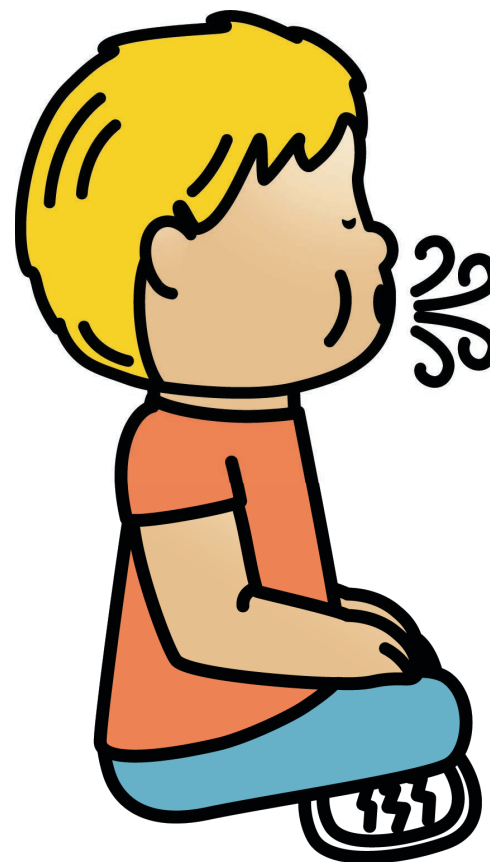
I feel happy, sad,
or mad sometimes. All
these feelings are okay!



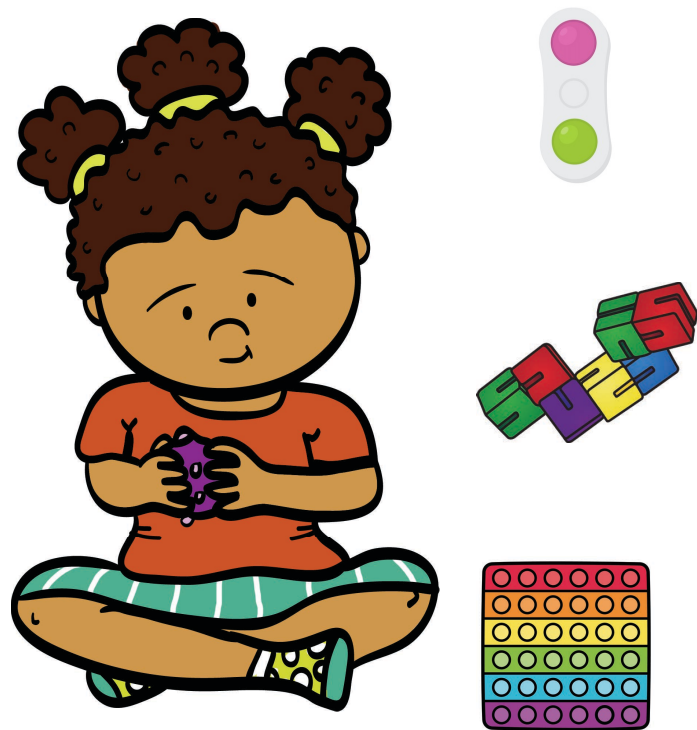
If any of these feelings are too big,
I can try to use the calming corner.



I can sit down and look at a book.



I can take deep breaths.



I can hold a fidget toy.



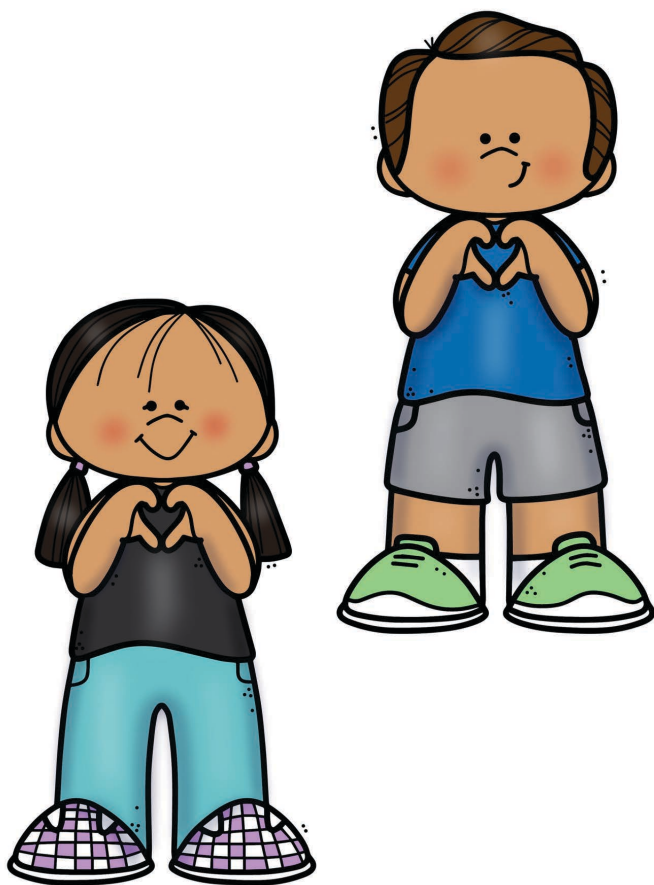
I can find something to
use in the calming kit.



My teacher might sit by me
and help me calm my body.



I can ask for a hug if I need one.



Big feelings are normal.



Using the calming corner
can help me feel better if my
feelings get too big.

**THE SECOND STORY HAS SOME EDITABLE
PAGES WHERE YOU CAN ADD YOUR OWN
PICTURES OF YOUR CALMING CORNER.**

**SIMPLY CLICK ON THE EMPTY SQUARE TO ADD
YOUR OWN PICTURE.**

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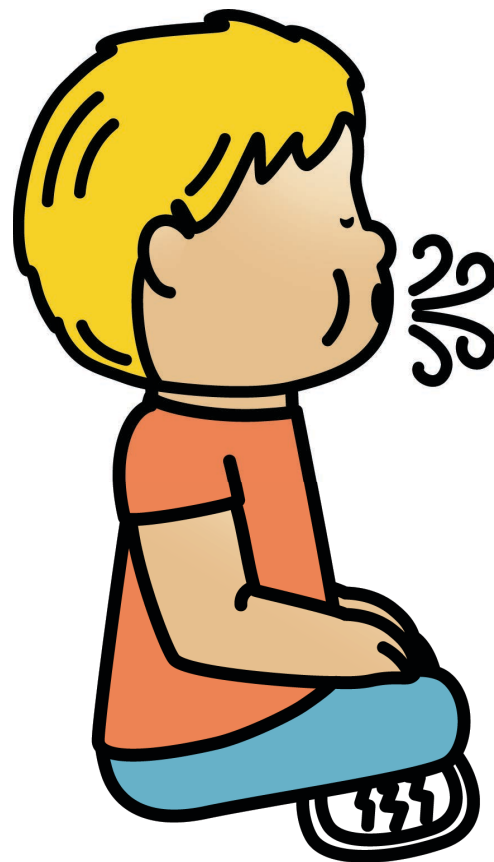


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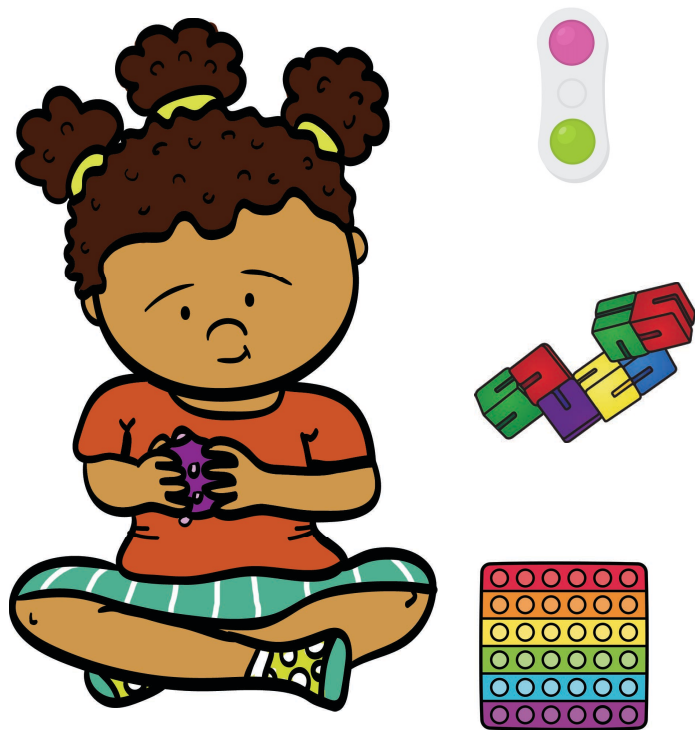
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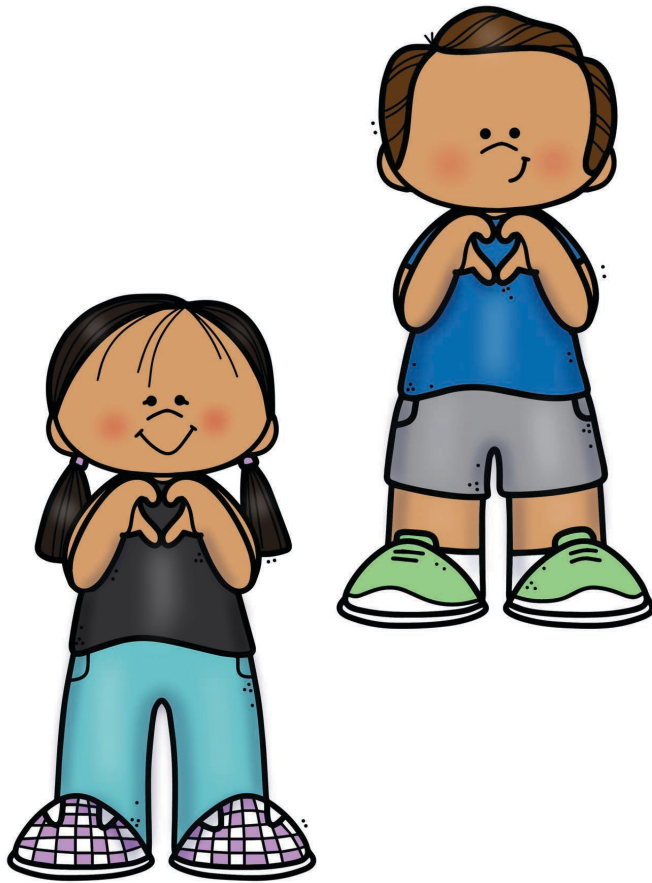
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FREE RESOURCE TERMS OF USE

YOU MAY...

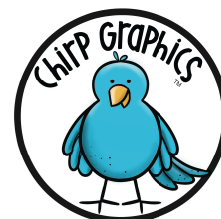
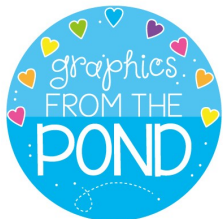
- Use this item and make copies for your own students & families on your caseload
- Share this resource by providing the link to the free product to your friends and colleagues or emailing it to parents
- Email me pictures of this resource in use at autismlittlelearners@gmail.com to be featured on my social media posts!

YOU MAY NOT...

- Post this resource online as a pdf for others to download without including a link to the Autism Little Learners website or store
- Modify and sell this resource to others
- Post as your own

CLIPART CREDIT...

Thank you to these amazing clip artists for their talent!



INFORMATION

CONNECT WITH ME...



EARN CREDITS...

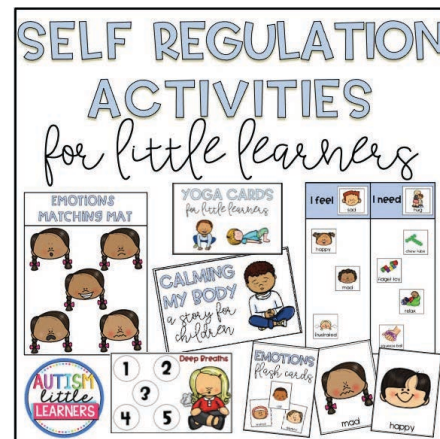
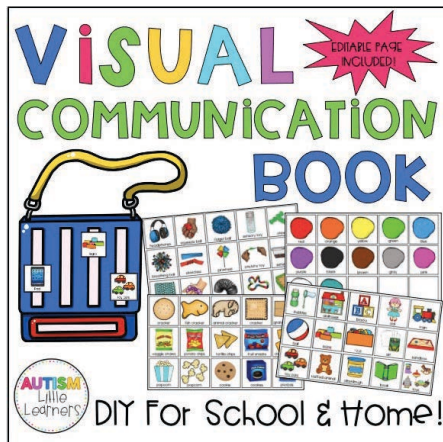
Don't forget to leave feedback in order to receive credits for further TPT purchases! I absolutely love hearing from you!

FOLLOW ME...

Follow the Autism Little Learners store on TpT to get notified about the latest resources!

★ Tap the green star to follow! ★

YOU MAY ALSO LIKE THESE...



THANK YOU!

I'm so appreciative of your support!



♥ **taraTUCHEL**
Speech/Language Pathologist

INFORMATION

THE AUTISM CLASSROOM GUIDE GIVES YOU 10 ESSENTIALS FOR SETTING UP A SELF CONTAINED CLASSROOM FOR AUTISTIC CHILDREN.

Click on the picture below to sign up to get your free copy emailed to you!

Autism Classroom Guide

TOP 10 TIPS FOR SETTING UP AN EFFECTIVE SELF CONTAINED CLASSROOM

Creating a classroom that supports neurodiverse learners at the early childhood level is crucial. Make sure you have all of the key elements that will help meet your student's needs, and improve their independence.

[WWW.AUTISMLITTLELEARNERS.COM](https://www.autismlittlelearners.com)

Positive Relationship

Fostering a positive relationship with your autistic students is vital. I'll say it a little louder for those in the back. Build a Positive Relationship! This holds true for teachers, paras, therapists, everyone. You need to reach the child before you can teach the child.

Take some time at the beginning of the school year to work on relationship building. Oftentimes, in a self-contained classroom, you don't have to follow a set curriculum that needs to be started on day one. This gives you the flexibility to schedule in a lot of play and activities that will grow your relationship with your students.

Self Regulation

If a child is dysregulated, they aren't going to be in a position to take in a learn new things. We know that autistic children often struggle with interoception, which is the ability to sense the internal state of the body. If the ability to sense the internal state of the body is impaired, it can affect self-regulation, managing emotions, sleeping, toileting, experiencing pain, and identifying symptoms when sick.

Co-regulation is typically where we need to start at the early childhood level. Co-regulation is defined as warm and responsive interactions that provide the support, coaching, and modeling children need to "understand, express, and modulate their thoughts, feelings, and behaviors" (Murray et al. 2015). The next step would be moving on to self regulation.

Para Training

I wish we had a full week to train our paras and connect as a team before the start of each school year. Wouldn't that be amazing? But, the reality is that we often only have a couple of hours (if that) each year. I'm not going to tell you how important and necessary this is, you already know.

If you are able to provide a formal training at the beginning of the school year, YAY! If not, I challenge you to make a list of the most utilized "systems" in your classroom. For me it would be: visual schedules, all done bucket, wait mat, star chart, and the Visual Support Starter Set).

ALONE WE CAN DO SO LITTLE. TOGETHER WE CAN DO SO MUCH.

- Helen Keller

Once you make your list, do a quick little write up about how you use it. You can print these instructions and make a little sentence or two about why you are using each support.

Then, as you model it during "on the job training", they have some background information first. This will also help these supports and systems stand out as the important ones for your classroom.

If you are able to find 30-60 minutes to meet as a team at least once a month, you will be able to talk through any issues. Finding this time is difficult, but it is essential for creating a team that works like a well-oiled machine. Think outside the box and talk to your supervisor to find ways to make this happen.

MY CHECK-IN

I feel (I feel) (I need) (I need)

CALMING SEQUENCE

Special needs (I feel) (I need)

INFORMATION

THIS VISUAL SUPPORT STARTER SET HAS
EVERYTHING YOU NEED TO GET STARTED USING
VISUAL SUPPORTS AT SCHOOL OR AT HOME!

Click on the picture below to sign up to get your free copy emailed to you!

