

# CALM DOWN CORNER

## 32 FREE POSTERS AND CARDS



ENGLISH  
CREATED RESOURCES



Talk  
to a  
friend



Exercise



Color  
or  
draw



Dance



Listen  
to music



Hug  
yourself



Write  
in a  
journal



Breathe



Build  
with  
blocks



Bounce  
a ball



Think  
happy  
thoughts



Hug a  
stuffed  
animal



Put a  
puzzle  
together



Hum  
or  
sing a  
song



Have  
a  
snack



Blow  
bubbles



Read in  
a tent



Deliver  
a  
message



Stretch  
or move  
your  
body





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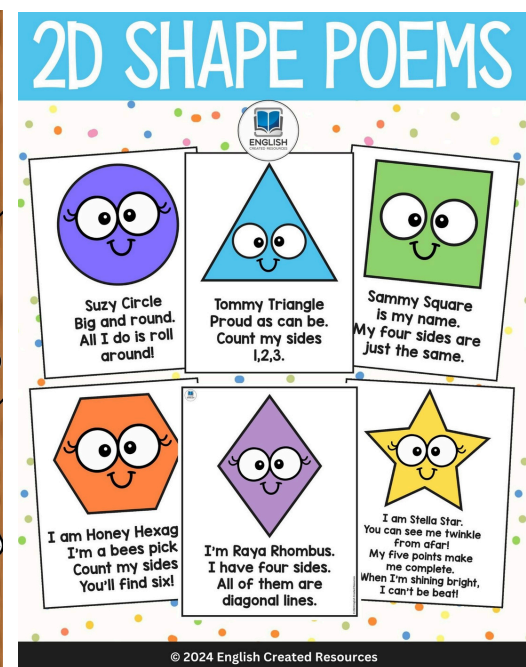
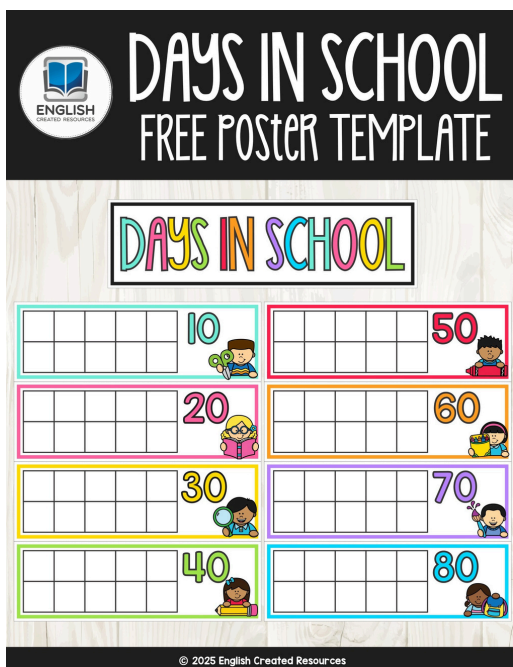


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# CLASSROOM POSTERS & BANNERS



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# CLASSROOM POSTERS & BANNERS

## CLASSROOM DECOR CRAYON COLOR POSTERS



Large Posters 20"x7.5"  
Fits on two letter size sheets.

INK SAVER

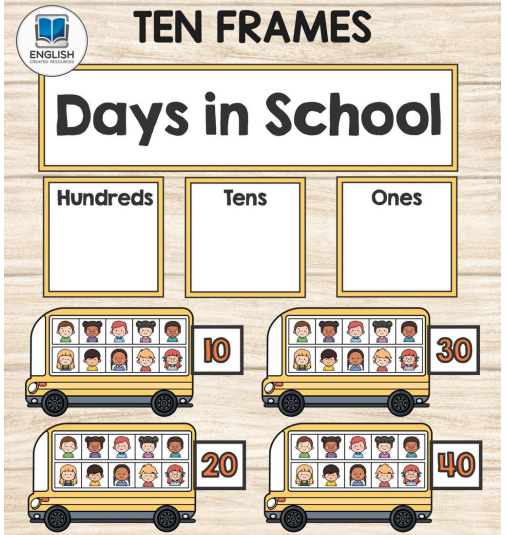
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## COLOR POSTERS



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## DAYS IN SCHOOL POSTERS



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## ALPHABET BANNER

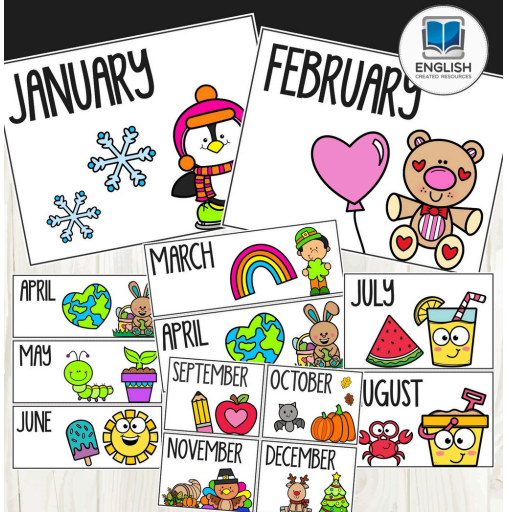


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## 12 MONTHS BIN LABELS



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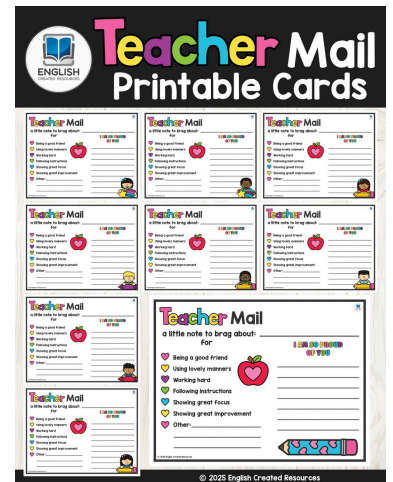
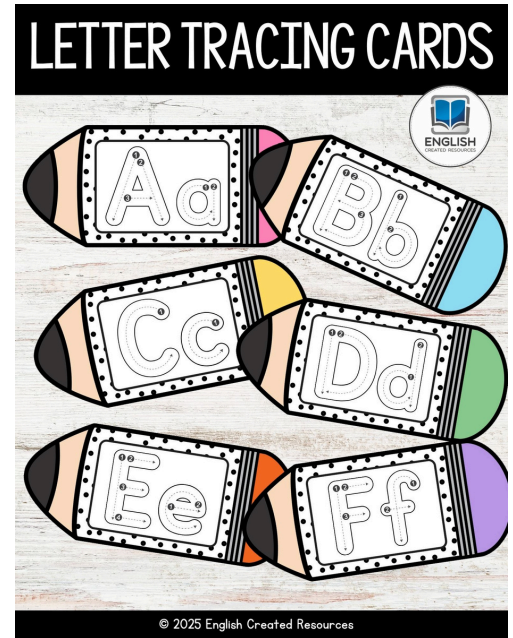
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# BACK TO SCHOOL FILES



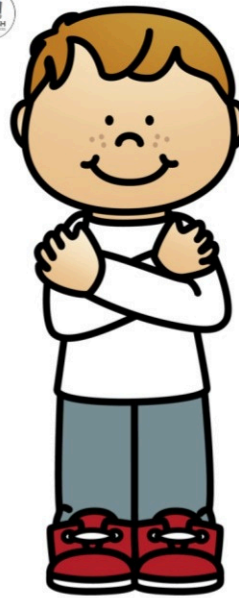
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**Listen  
to music**

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**Hug  
yourself**

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**Build  
with  
blocks**

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**Bounce  
a ball**

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**Put a  
puzzle  
together**

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**Hum  
or  
sing a  
song**

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**Color  
or  
draw**

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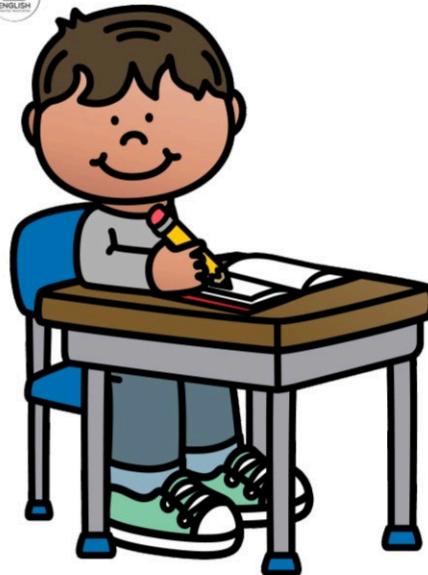
**Watch  
a glitter  
jar**

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**Rock  
on an  
exercise  
ball**

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**Write  
in a  
journal**

© 2025 English Created Resources



**Read  
a  
book**

© 2025 English Created Resources



**Take  
a  
walk**

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# Breathe



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# Jumping jacks



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# Hug a stuffed animal



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# Squeeze a stress ball



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# Blow bubbles



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# Use play dough



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**Talk  
to a  
teacher**



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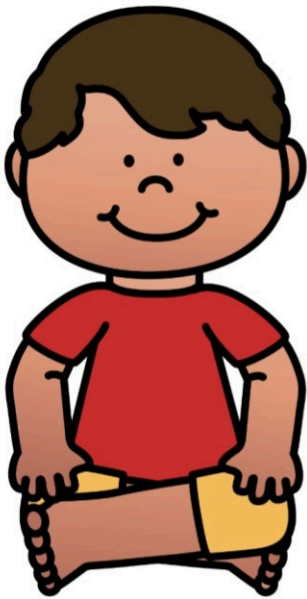
**Think  
happy  
thoughts**



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**Yoga  
pose**



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**Have  
a  
snack**



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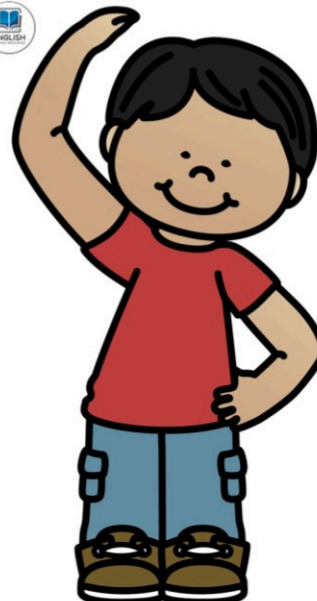
**Drink  
water**



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**Stretch  
or move  
your  
body**



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**Talk  
to a  
friend**

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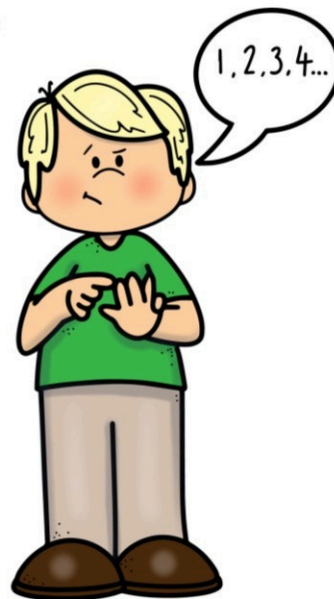
**Exercise**

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**Dance**

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**Count  
to ten**

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**Relax**

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**Push  
on the  
wall**

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**Read in  
a tent**



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**Deliver  
a  
message**



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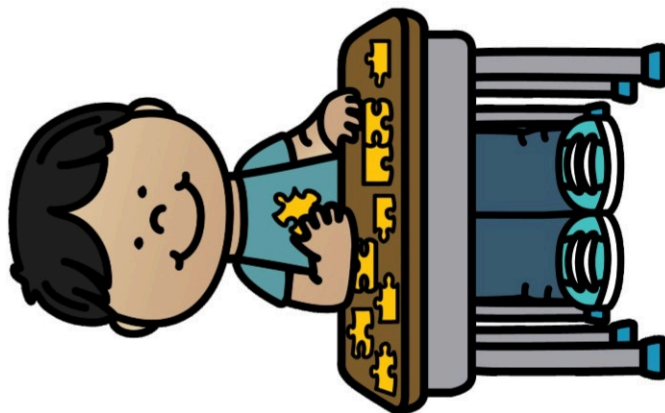
Color  
or  
draw



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Put a  
puzzle  
together



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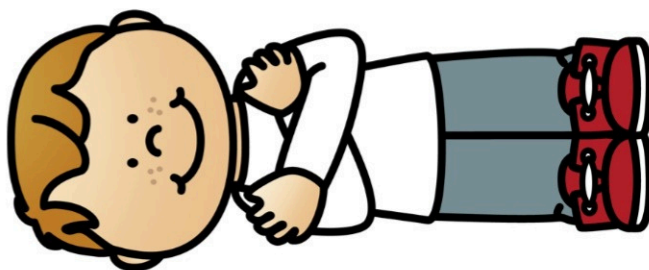
Listen  
to music



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Hug  
yourself



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Hum or  
sing a  
song



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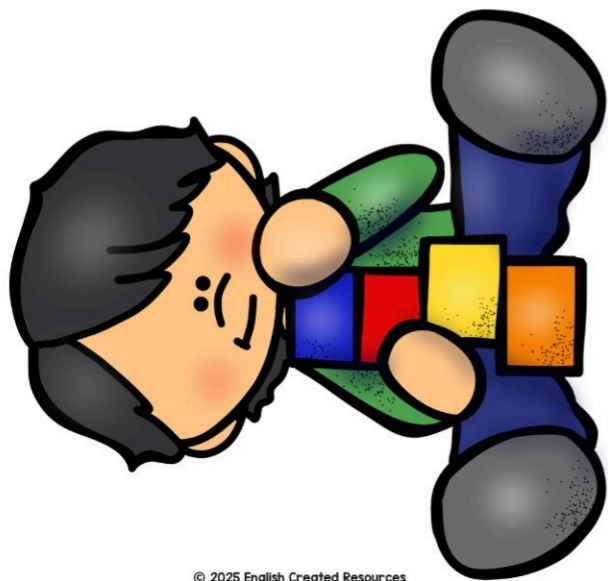
Watch  
a glitter  
jar



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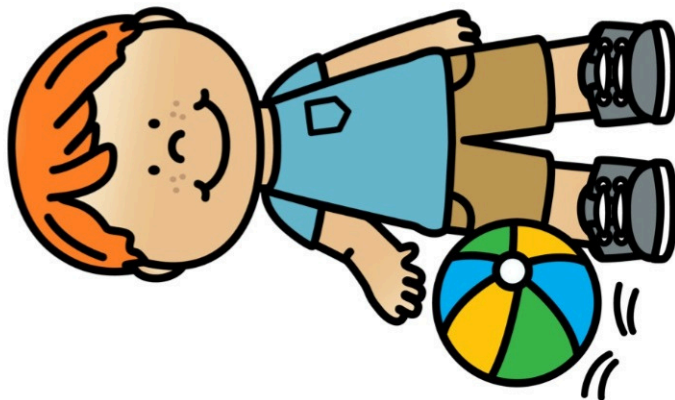
Build  
with  
blocks



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Bounce  
a ball



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# Breathe



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# Jumping jacks



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# Rock on an exercise ball



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# Write in a journal



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**Hug a  
stuffed  
animal**



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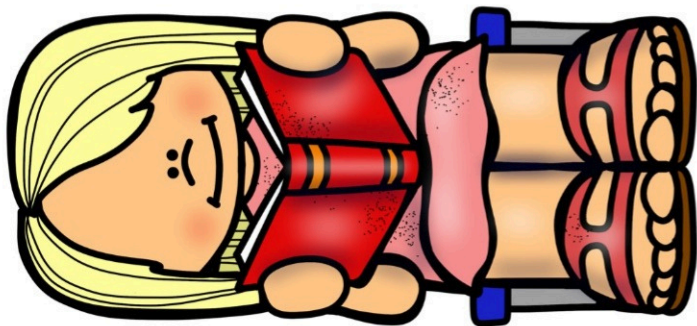
**Squeeze  
a stress  
ball**



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**Read  
a  
book**



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**Take  
a  
walk**

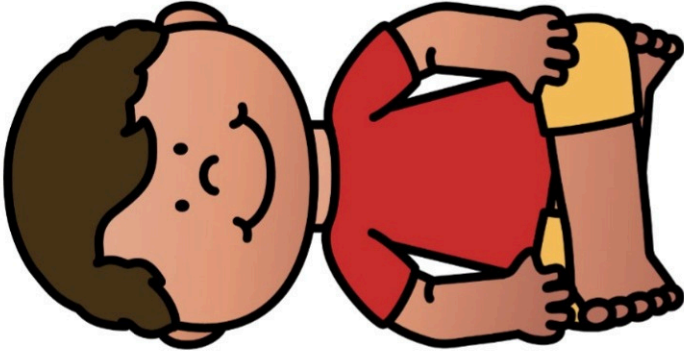


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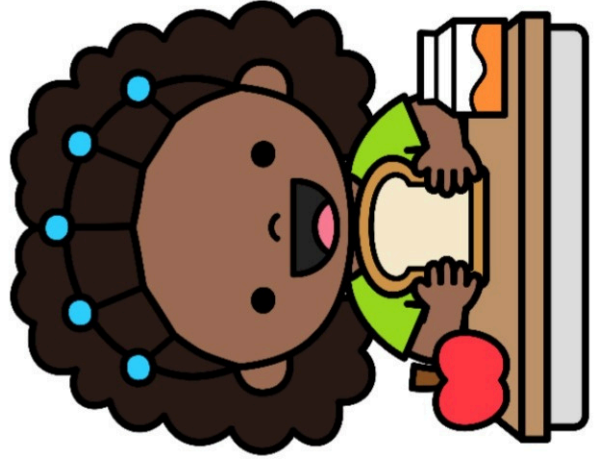
**Yoga  
pose**



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**Have  
a  
snack**



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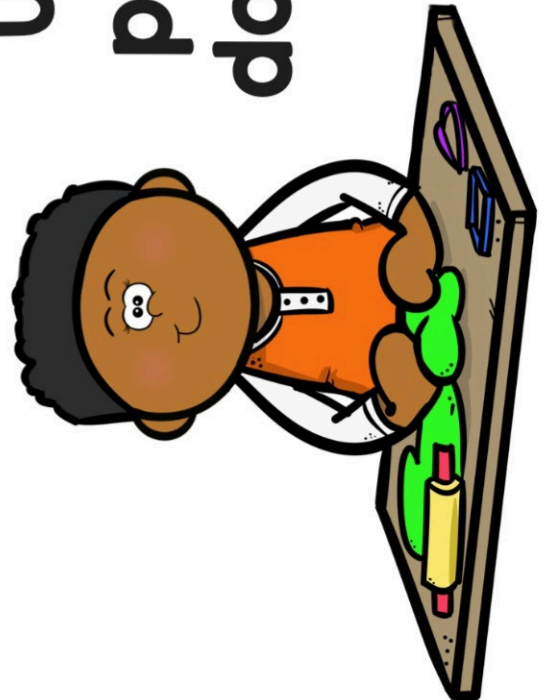
**Blow  
bubbles**



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**Use  
play  
dough**



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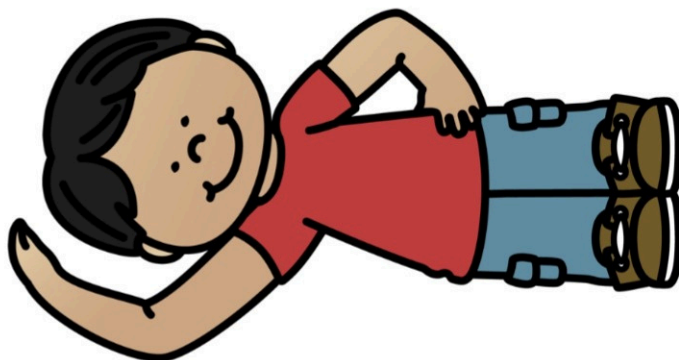
Drink  
water



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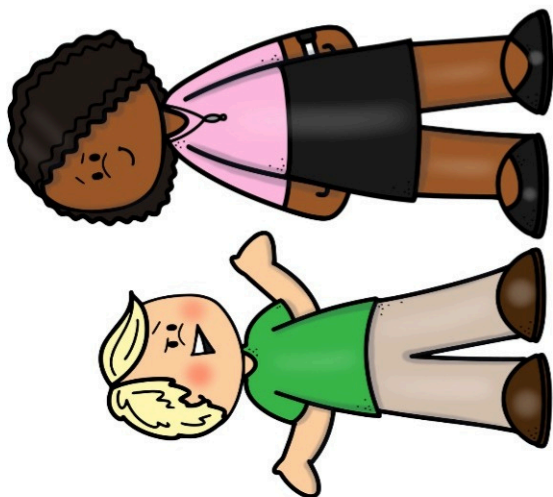
Stretch  
or move  
your  
body



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Talk  
to a  
teacher



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Think  
happy  
thoughts



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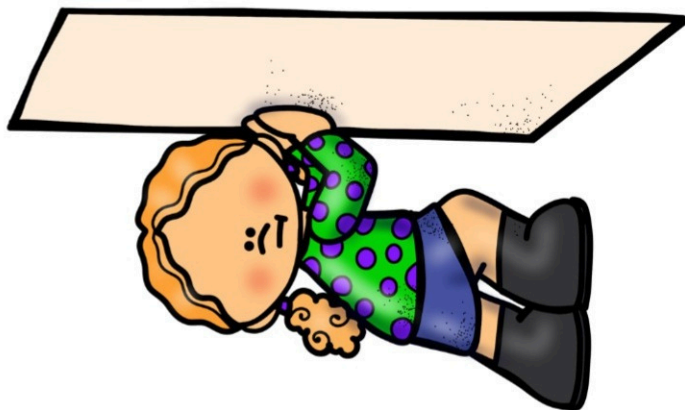
# Relax



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# Push on the wall



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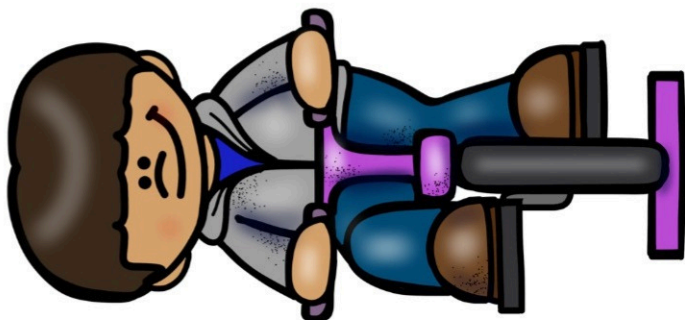
# Talk to a friend



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# Exercise

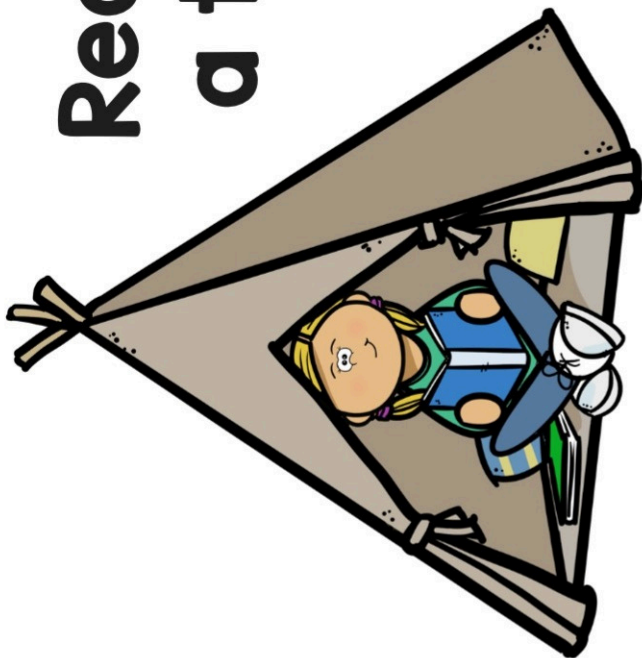


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Read in  
a tent



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Deliver  
a  
message



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Dance



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Count  
to ten



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Color  
or  
draw

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Put a  
puzzle  
together

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**Build  
with  
blocks**

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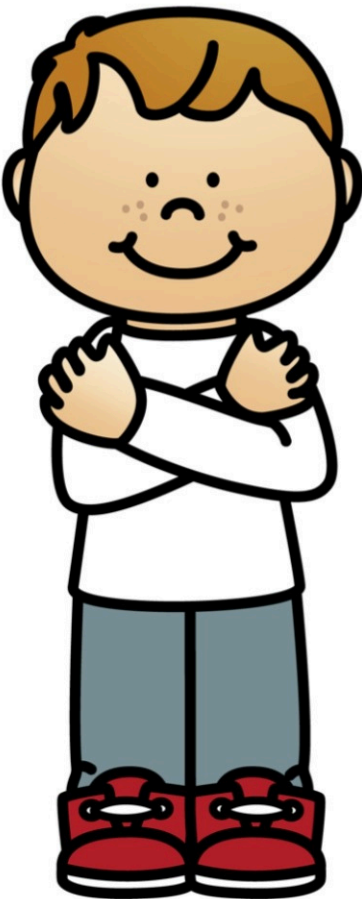
**Bounce  
a ball**

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**Listen  
to music**

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**Hug  
yourself**

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# Breathe



# Jumping jacks



**Hug a  
stuffed  
animal**



**Squeeze  
a stress  
ball**

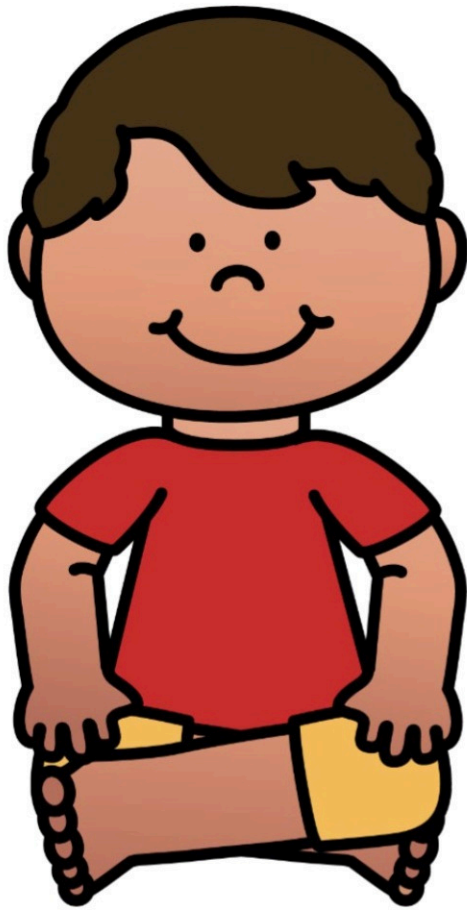




**Read  
a  
book**



**Take  
a  
walk**



**Yoga  
pose**

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**Have  
a  
snack**

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**Drink  
water**

© 2025 English Created Resources



**Stretch  
or move  
your  
body**

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# Dance



# Count to ten



# Blow bubbles

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# Use play dough

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# Talk to a friend



# Exercise





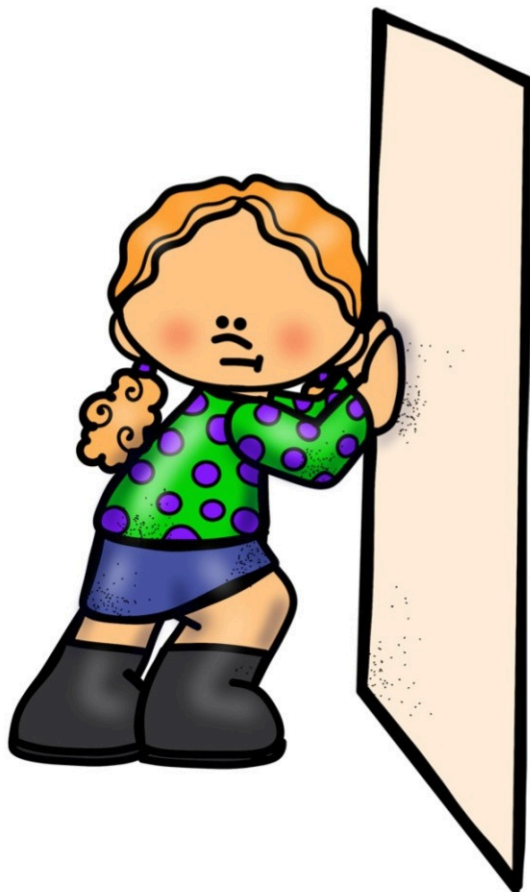
**Hum or  
sing a  
song**



**Watch  
a glitter  
jar**



# Relax



# Push on the wall



**Talk  
to a  
teacher**

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**Think  
happy  
thoughts**

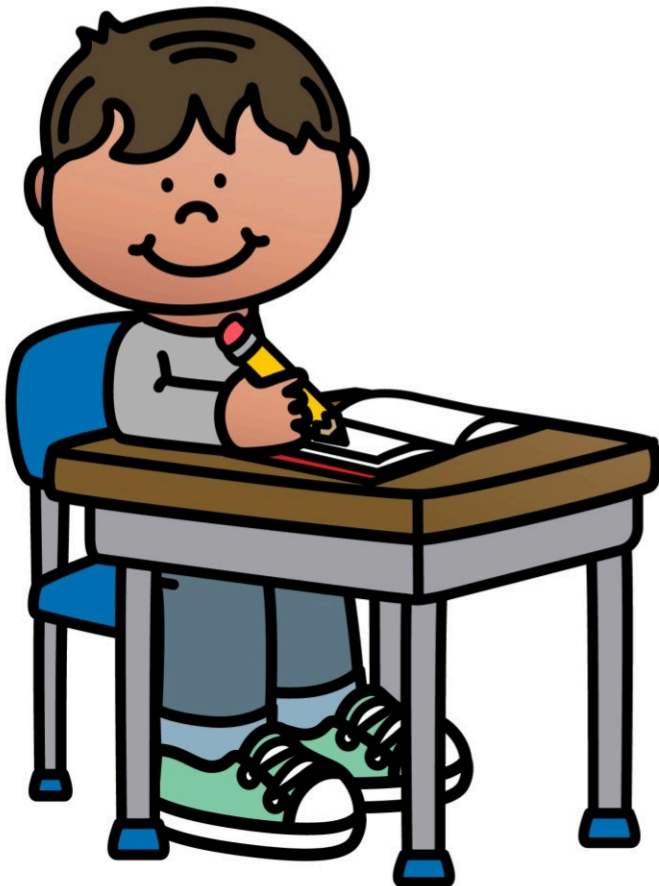
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**Rock  
on an  
exercise  
ball**

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**Write  
in a  
journal**

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**Read in  
a tent**

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**Deliver  
a  
message**

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