



**T H E C O Z Y D E N**

# Why a calm down corner is important

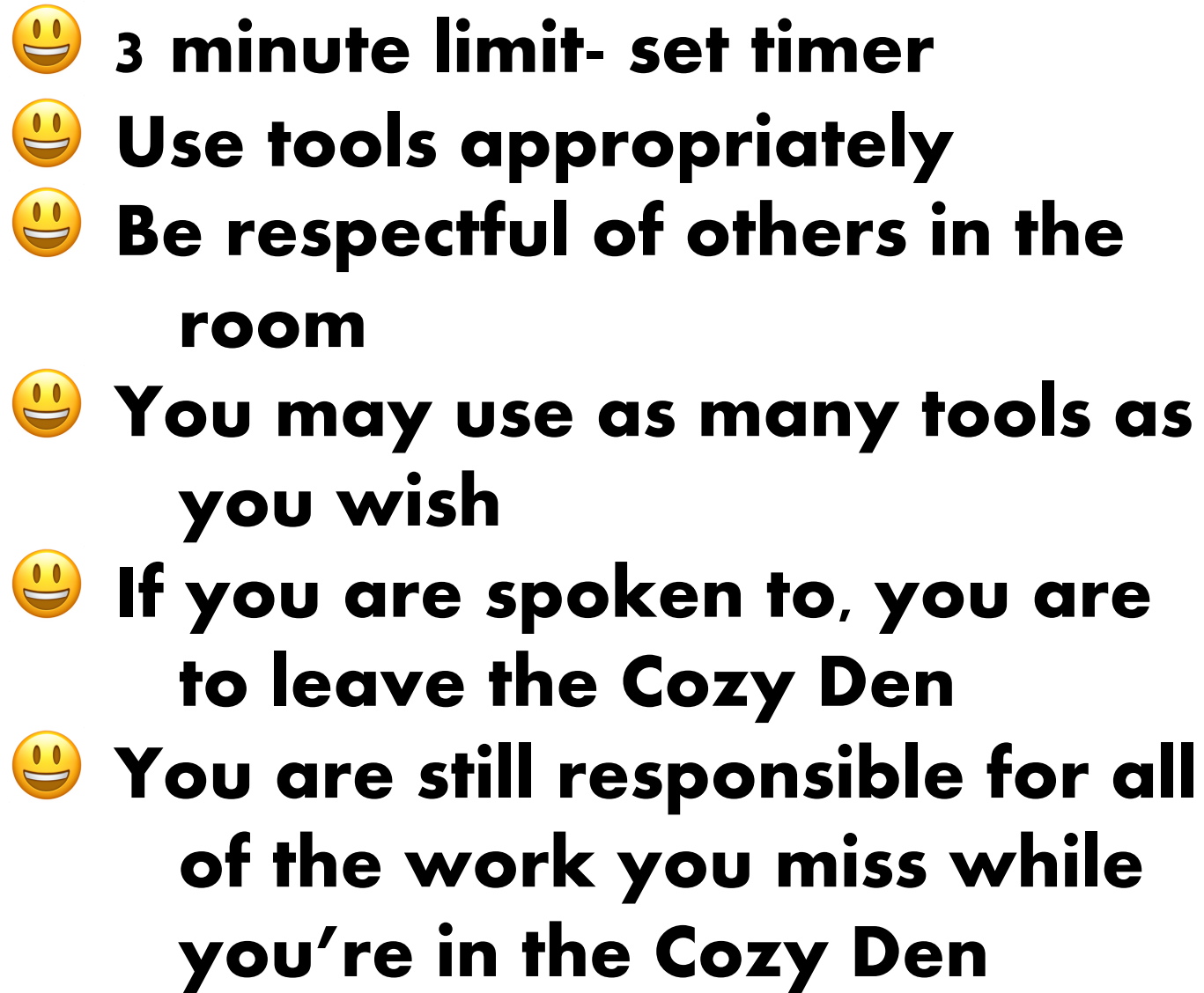
Providing our students with a comfy cozy place in our classroom allows for less interruption during whole group instruction, allows for students to self regulate and become pros at social emotional learning. It also allows for students to still hear and receive instruction while they are calming down and getting back in the green zone of regulation where they are ready to learn. It is important to create rules for the calm down corner with your class and what works best for them. Creating a space for children to self-regulate and understand why they are feeling what they are feeling helps to grow the social emotional learner inside and outside of our classrooms!

Enjoy!

-Lexi



**EXPECTATIONS**

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- 😊 **3 minute limit- set timer**
  - 😊 **Use tools appropriately**
  - 😊 **Be respectful of others in the room**
  - 😊 **You may use as many tools as you wish**
  - 😊 **If you are spoken to, you are to leave the Cozy Den**
  - 😊 **You are still responsible for all of the work you miss while you're in the Cozy Den**



**BREATHING**



Rainbow Breaths



Breathe in- Hold- Breathe Out

5-3-7



Upside-down Elephant Breaths





YOGA



Downward Dog



Do Nothing Doll



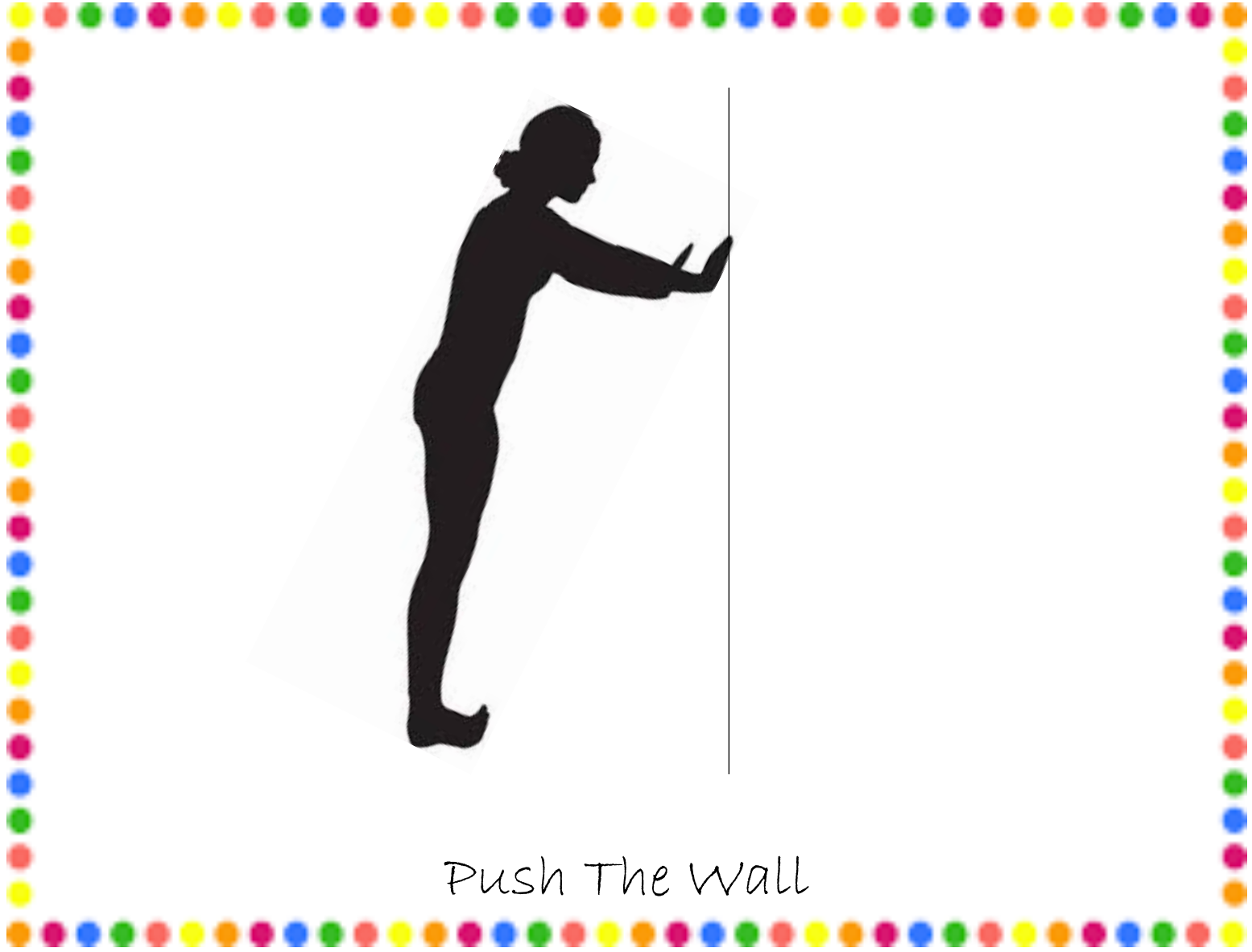
Child's Pose



**EXERCISES**



Jumping Jacks



Push The Wall



Front Kicks  
Opposite hand to opposite foot