



The Teacher's Tech Table:

Tools for the "Calm Down" Area

**Why does my classroom need a "calm down" area?
My students don't seem upset...**

It is a good idea for all classrooms to have a designated "calm down" area, after all, everyone gets upset sometimes! There are lots of ways to get creative when making a calm down area. It can be a corner with comfy cushions or flexible seating, a study carrel (these create a sense of privacy and make a great place to store the student's choices for calm down tools), or even a partially covered table to create a simple "tent-like" area. The key is to make the area in a part of the room that is not the center of attention and is relatively quieter than the other areas of the room, so that the child can take a break in a safe setting.

Low-tech tools for calm-down areas:

- Therapy putty or dough
- Magna Doodle or crayons & paper
- linking beads
- fidgets
- clothes pins or plastic tweezers with small items or beads to pick up

The kind of tools you choose for your area will depend upon what kind of seating you have (cushions and therapy dough might not be a good combination) and the temperament/ behaviors of the students you have (you don't want to give a heavy Magna Doodle to a child who throws things when he/she is upset).

High-tech tools for calm-down areas:

Did you know there are apps that are specifically meant to teach children self-calming strategies? First of all, if you are using iPads or any kind of tablets in the classroom, they should have durable cases on them. This prevents accidental breaking and makes them good options to use for certain students as calm-down tools. Let's explore some of the apps that are appropriate for the classroom...

Preschool & Early Elementary students:

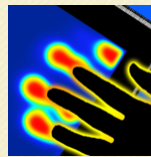


Breathe, Think, Do with Sesame Street

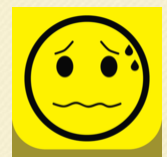


Singing Fingers HD

Upper Elementary & Junior High Students:

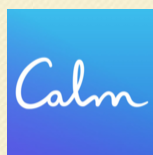


Heat Pad HD



Calm Counter Social Story & Anger Management

High School Students & Adults



Calm



One-Moment Meditation