

## Teacher Tech Table: Calm Down Area

### Why does my classroom need a “calm down” area?

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 relatively quieter than the rest of the room and not the center of attention. This allows for the child to 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
- Fidget toys such as spinners or tangles
- Clothes pins or tweezer with beads or other small items to pick up

#### High-tech tools for calm down areas:

Did you know that 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.



[Time in Kid](#)

\$0.99 to Download

Offers In-App Purchases

iPhone & iPad



[Plum Village: Meditation](#)

Free to Download & Use

iPhone, iPad, & Android

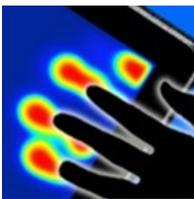


[Kids Wellbeyond: Meditation](#)

Free to Download

Offers In-App Purchases

iPhone & iPad



[Heat Pad- Relaxing Surface](#)

Free to Download

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[Breathe, Think, Do with Sesame](#)

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