

## Simple Ways to Create Calm in Your Classroom



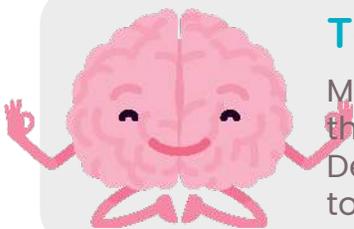
### Curate a Special Spot

Dedicate a small space in your classroom to things that make you feel happy. When feeling stressed and overwhelmed, look at this spot, take three deep breaths, and find some calm within yourself before moving on with your day.



### Create a Cozy Circle

Organize your circle area in a way that feels comfortable and inviting. Keep the focus on your students and find ways to make them feel welcome and free of distractions. Also, have your chime accessible and keep it in a “special” spot.



### Take Brain Breaks

Make a habit of taking short brain breaks during transitions throughout the day. Set a timer and participate with your class. Deep breathing calms the guard dog (amygdala) and allows you to think clearly and stay calm!



### Declutter Your Desk

It is easier said than done, but helps you feel less scattered and calmer about your daily tasks. Get your students involved! Have a helper each day to keep you on track! Students love feeling connected to you and your space.



### Make Time for Mindful Coloring

Set aside a consistent time each week (maybe during CREW, or at the end of the day) to dim the lights, put on calming music, and mindfully color with your students. You and your class will feel calm, focused, and happy!

When you are calm, your students will feel calmer too.  
Visit [focusedkids.org](https://focusedkids.org) for more ideas.