

# 10

# Calm Corner

## Posters + Activities

**Breathe In**  
*slow like a flower*



**Breathe Out**  
*slow like a leaf*



This is a  
**SAFE**  
space



**Body Poses**



it's okay to  
Feel your  
Feelings



learning every day



growing every day

**Feel Your Heart**

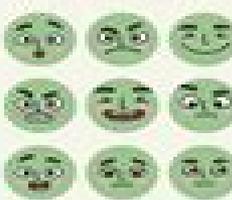
1. Sit quietly and feel your heart beating in your chest
2. Stand up and do 10 jumping jacks
3. Feel your heart's again. Does it feel different?



I am **KIND**  
I am **IMPORTANT**  
I am **BRAVE**  
I am **SPECIAL**  
I am **ME**



**How I am feeling**



**Rainbow Activity**  
*one square of each color makes the rainbow*



it's okay to...

- make mistakes
- have big feelings
- not know everything
- be yourself



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Developed by a pediatric Occupational Therapist

# Best Practice Elementaryteachers Resource Text

**Ensheng Dong**



**Best Practice Elementaryteachers Resource Text:**

## Enjoying the Track of Phrase: An Psychological Symphony within **Best Practice Elementaryteachers Resource Text**

In a world eaten by displays and the ceaseless chatter of immediate interaction, the melodic splendor and mental symphony developed by the written term usually disappear in to the background, eclipsed by the relentless sound and distractions that permeate our lives. However, set within the pages of **Best Practice Elementaryteachers Resource Text** a wonderful literary prize overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this charming masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden tunes and profound influence resonating within each cautiously constructed phrase. Within the depths with this poignant assessment, we shall explore the book is key harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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