

The Calm-Down Corner Kit

5 Breathing Exercises for Big Feelings — inspired by Titus, Master of Stillness

Balloon Breath

Breathe in slowly through your nose like you're filling a balloon in your belly. Hold for 3 seconds. Breathe out slowly like the balloon is deflating.

Flower & Candle

Pretend you're holding a flower in one hand and a candle in the other. Breathe in through your nose to smell the flower. Breathe out through your mouth to blow out the candle.

Five Finger Breathing

Hold up one hand. Trace up and down each finger with the other hand's pointer finger. Breathe in going up, breathe out going down.

Starfish Breath

Spread your fingers like a starfish. Trace each finger slowly, breathing in on the way up and out on the way down, just like Titus does by the window.

Quiet Count

Close your eyes. Count slowly to ten in your head. If a big feeling comes back, start again. There's no rush.

How Am I Feeling Right Now?

Circle the face that matches how you feel today.

Calm

Happy

Frustrated

Overwhelmed

Sleepy

Excited

Worried

Quiet & Okay

Tip: Use this chart during quiet time or before bed. There are no wrong feelings.