

*Calm Down Corner Make & Take*



## I Spy Rice Bottles

Materials Needed: Bottle, rice, label, assortment of little trinkets, superglue



Directions: Chose some trinkets, record them on the label, fill the bottle up with the trinkets and rice. Superglue closed.

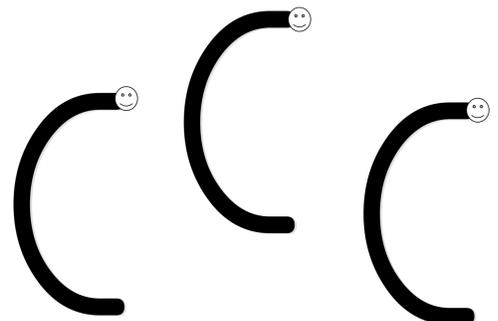
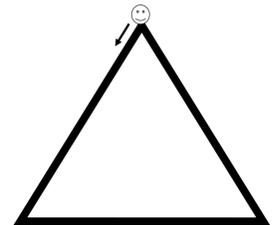
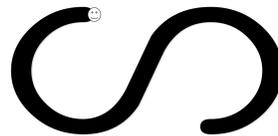
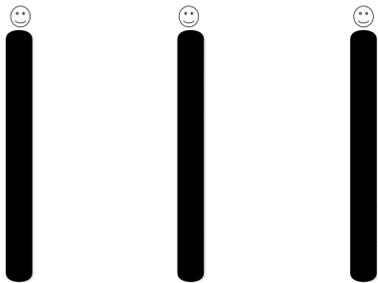
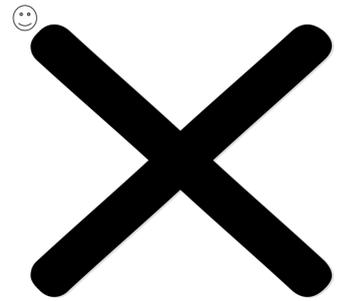
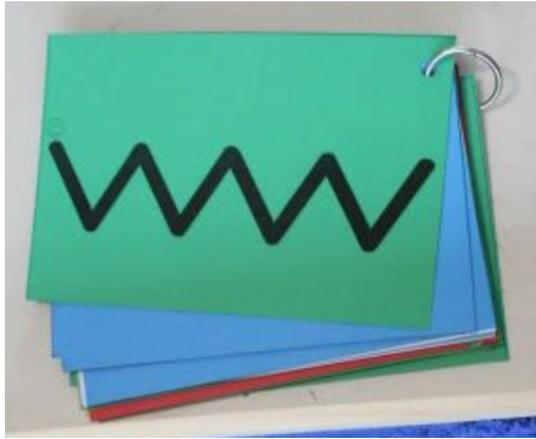
Variations: Try a double layered Ziploc bog or pencil pouch instead of a bottle.



## Putty Writing

Materials: Index cards, hole punch, ring, marker and putty

Directions: Create a deck of shapes for students to replicate out of putty. Draw some shapes (examples shown below). Put the deck and the putty in a Ziploc bag and put in your Chill Zone.

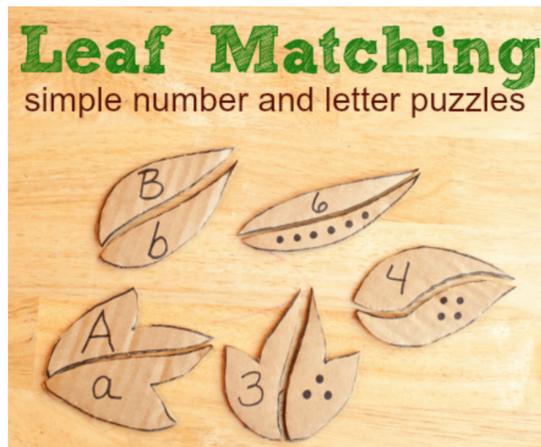


## Leaf Matching

Materials: corrugated cardboard, marker, scissors

Directions: Draw some leaves on the cardboard. Draw a line through each shape. If you draw a squiggly line it can help the pieces "lock" together better. Now draw a number on one side of the leaf and dots corresponding to that number on the other side. Cut up the shapes and store in a Ziploc bag.

Variations: Draw any shapes, could be seasonal, and use the same process. Could match upper/lower case letters.



## Picture Puzzles

Materials: Paper (preferably cardstock) or plates, scissors, and coloring supplies

Directions: Have students draw or color pictures. Cut up the picture into pieces (you may want to do this yourself). Place each puzzle in a Ziploc. Rotate puzzles in your Chill Zone.

Variation: Use paper plates.

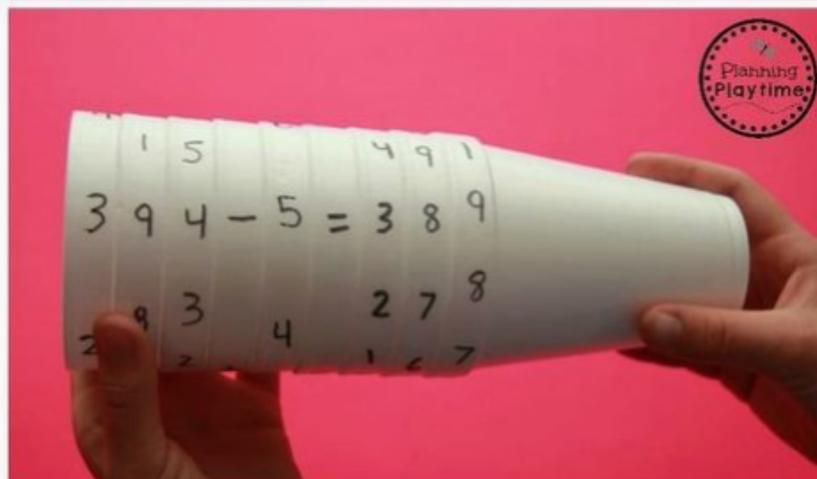
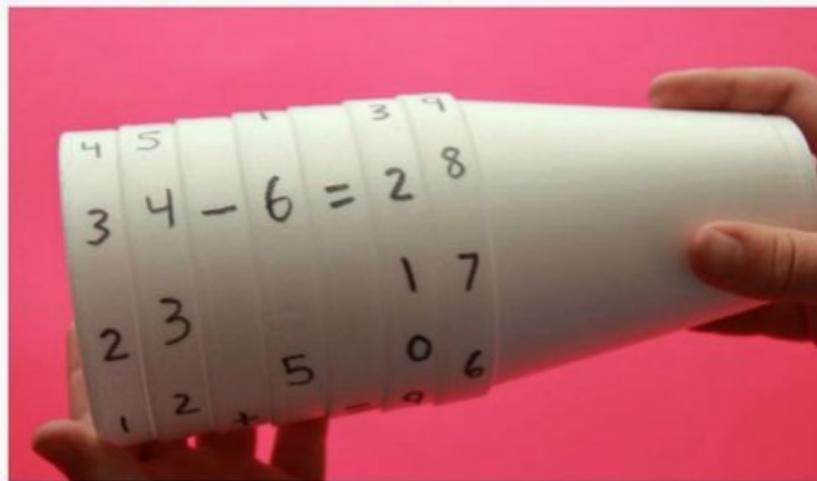
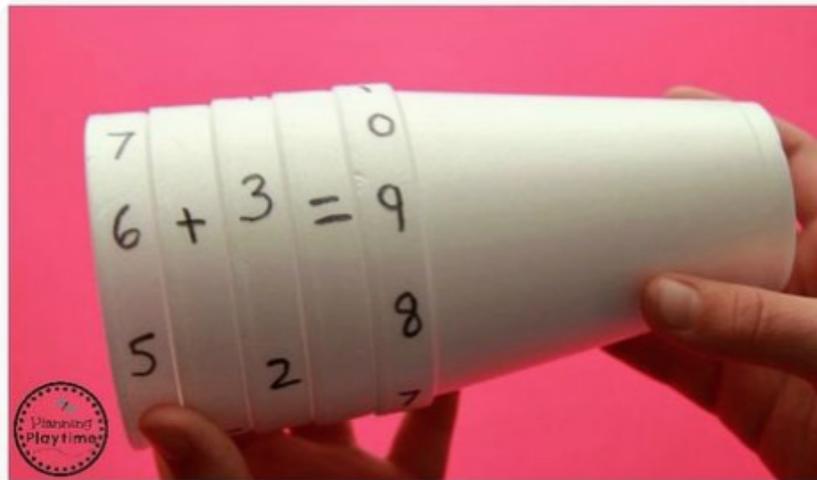


## Math Cups

Materials Needed: Styrofoam cups and marker

Directions: Write numbers 0 to 9 on three cups. Write a plus sign on another cup. Write an equal sign on another cup. Assemble as shown below.

Variation: Add more cups to form more complex problems.



## Popsicle Stick Puzzles

Materials: craft sticks, glue, scissors, picture

Directions: Glue a picture on top of the craft sticks. Cut the sticks apart to create a puzzle. Store in a Ziploc back and place in your Chill Zone.



## Popsicle Stick Match

Materials: craft sticks, markers, index cards

Directions: Put two craft sticks next to each other and use a marker to draw shapes with one part on each popsicle stick.

Alternative: Make an assortment of patterns on the index cards. Students would use the sticks to replicate the patterns.



## Shopping List

### Primary:

- Rice (about 4 cups per bottle depending on the size) 4 cups x number of teachers
- Labels, ~2" by 4", name badge size, (at least one per teacher)
- Assortment of little trinkets - letter cubes, jewels, puff balls, dice, hearts, leaves, flowers, buttons, animals (Joanne fabrics has reasonably priced mixed bag items)

### Secondary:

- Ziploc bags
- Craft Sticks (~15 per teacher)
- Index Cards (~15 per teacher)
- Metal rings (2 per teacher)
- Styrofoam cups - 5-7 cups per teacher
- Super glue
- Thicker paper/cardstock
- Paper plates
- Putty

### Teachers Bring

- Empty water bottles
- Markers, sharpies
- Scissors
- Magazines
- Cardboard
- Glue sticks



# I Need to Calm Down



1. Get a comfy seat



2. Choose a calm down tool:



3. Set the timer



4. Back to work!

