



Our Calming Corner

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Nebraska Association
for Infant Mental Health

Our Calming Corner!



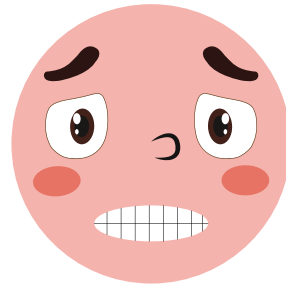
**Everybody has feelings.
What feelings can you name?**



HAPPY



ANGRY



NERVOUS



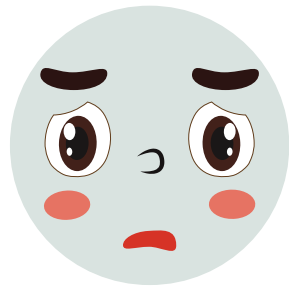
SICK



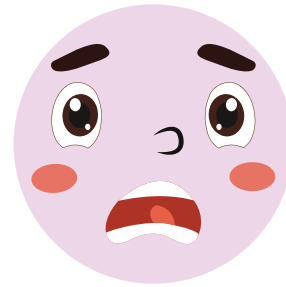
JEALOUS



EXCITED



SAD



SCARED



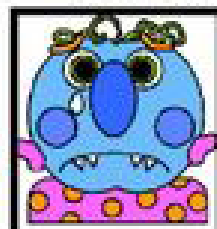
CRY



TIRED

**Sometimes we have really big feelings.
Like when we are really mad,
sad, or disappointed.**

How does your monster feel?



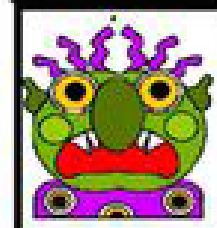
SAD



GLAD



ANGRY



SCARY



LOVING



WORRY



SILLY

**Everyone has BIG feelings!
BIG feelings are OK!**

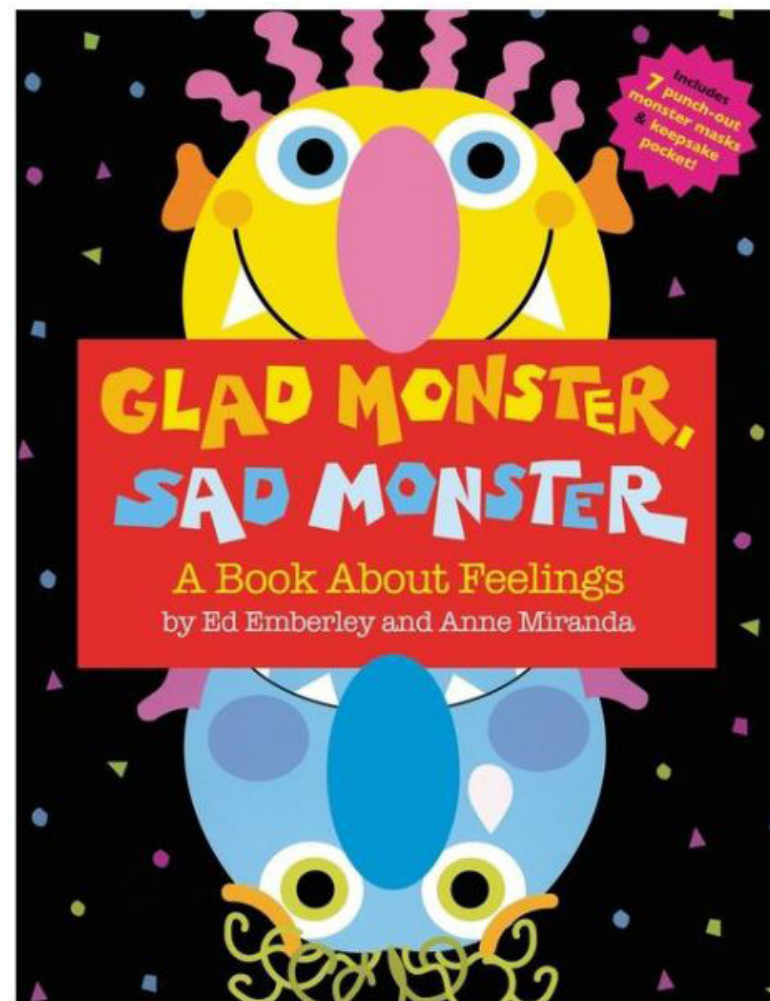


BIG FEELINGS

**Our Calming Corner is a great place to go
when you have big feelings!**



**In our Calming Corner,
when you have big feelings,
you can read a book...**



Take deep breaths...



or even just sit and play quietly with toys.



**You can ask an adult to
please help or join you if you want to.**



**You can stay in the Calming Corner
as long as you need.**



**And when you are ready,
come back to play with your friends!**

