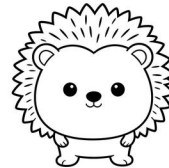


Calm-Down Corner Coloring Pack

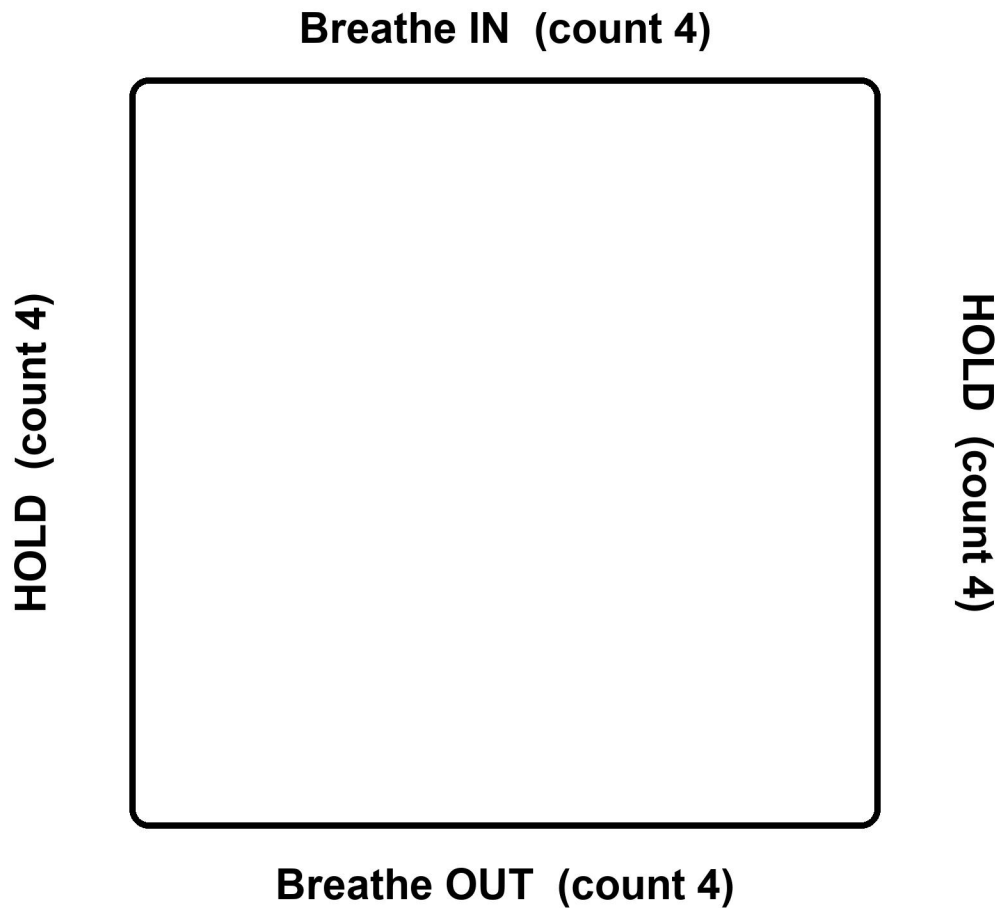
FREE sample for teachers & parents

Free Sample



Box Breathing

Trace the square slowly with your finger. Breathe with each side.



Do this 4 times. Color the square when your body feels calmer. Notice how your breath slows down each time around.

Sloth



Get the full Calm-Down Corner pack

This is a free preview of the Calm-Down Corner Coloring Pack.

The full pack includes

- 20 mindful coloring pages + feelings check-in + breathing activities.
- A setup guide and a classroom license.
- US Letter AND A4, print-and-go, no prep.

Get the full pack for \$9

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More free classroom printables at aitoolsserendipity.com