



THE NAMASTE PROJECT

HOW TO BUILD A CALMING CORNER

A place in your home or classroom

The background is a collage of three images. On the left, a child's hands hold a light-colored stuffed animal. In the center, a child is lying down with their eyes closed. On the right, a child is holding a small, green, textured object. A blue semi-transparent rectangle is overlaid in the center, containing text.

HOW TO BUILD A CALMING CORNER

Everybody needs a break from time to time. When kids experience overwhelming emotions such as fear, anxiety, anger, frustration or sadness. It is nice to have a safe space where we can reset and restore, and it shouldn't be timeout.

A calming corner is a peaceful and fun place where kids can get away from whatever is bothering them and help regulate their emotions in a school or home setting.



MEET YOUR EXPERTS

How to build a Calming Corner



DANIELLE BRUNSON, ED.S

Danielle brings over a decade of work with children to The Namaste Project. Danielle holds a 200 hour Registered Yoga Teacher License, Principal license, K-6 teaching license and meditation and mindfulness and kids yoga certification. She is a co-founder and lead trainer at The Namaste Project.



KALI ARNOLD, MD

Dr. Arnold brings over a decade of work with adults as a medical doctor, yoga and pilates teacher, and Reiki master. Kali is a 200HR Yoga Alliance Registered Yoga Teacher, Pilates teacher, and Reiki Master Practitioner and Ayurvedic and Integrative Medicine student. She is a co-founder and lead trainer at The Namaste Project.

A close-up photograph of a woman with dark, curly hair lying down. Her eyes are closed, and she has a peaceful expression. She is resting her head on a pink, textured object, possibly a pillow or a piece of clothing. The background is softly blurred, showing more of the pink object and some light-colored fabric. The overall mood is calm and serene.

The Namaste Project

The Namaste Project works with schools and parents to teach adults how to use meditation, mindfulness, and yoga to work with children.

With over two decades of combined experience working with kids, teaching yoga, and providing training to adults we are experts in training parents and school staff to do the same.

We believe that the best people to educate children in mindfulness and meditation are the people with them the most, parents and teachers. We also know that the calm starts with adults and spreads to kids.

WHAT YOU NEED FOR YOUR CALMING CORNER

Calm the senses of sight, sounds, touch, and smell



How to build a Calming Corner



ROOM SETUP

A calming corner does not have to take up a lot of space. You just need a small, designated area of your home or classroom. The purpose of this space should only serve as a calming corner. We have included links to items you can order right now from Amazon to create your calm space!



CALMING TOOLS

When designing the space, keep in mind that you are trying to calm the senses of sight, sounds, touch, and smell. Equip the space with some activities that can be used to de-stress and reset emotions. We have included links to toys and books you may want to include in your space but also look around your home and classroom!



How to build a Calming Corner



Set up for less than \$100

When getting your corner set up you don't need much! You can pick a space in a room and just add a few motivational items to the wall and a soft rug and/or beanbag chair to sit in. We've created our space with the Cream Rug and Striped Bean Bag chair. We used a book shelf we had in another room and added some toys, books, stuffed animals and a light. Check out some recommended products below.

[Motivational Wall Art- Multi Colored.](#) OR
[Motivational Wall Art- Primary Colors](#) (Pictured) OR
[Black Girl Magic Wall Art- Multicolored](#)

[Cream Rug \(Pictured\)](#) or
[Rainbow Rug](#) and
[Teal Beanbag Chair](#) or
[Striped Beanbag Chair](#) (Pictured)



Additional Funds in Your Budget?

If you want to take some additional steps, you may want to add a TeePee, additional pillows and even a chalkboard easel to give space to write, draw and creatively express emotions.

[Flower Meditation Pillow](#) and/or

[Floor Pillow Cushion](#) and/or

[TeePee Tent](#) and/or

[Chalkboard Easel](#) (for drawing/writing out feelings)

[Calming Companion](#)

A close-up photograph of a hand holding a blue fidget spinner. The spinner is in motion, creating a blurred effect. The background is out of focus, showing green and white elements.

Calming Tools


In addition to the items needed for basic corner set up, we recommend you include calming toys in your space. We've included suggested items here that target children's nervous systems by creating focus on sound, touch, and play to clam down.

Fidget Toys (Pictured)

Fidget Spinner

Flow Ring

Hypnotic Liquid Motion Spiral

A child is seen from behind, sitting on the floor and reading a large book. The book's cover features a stylized illustration of a bat. The child is wearing a grey long-sleeved shirt. In the background, a wall is decorated with several white cards. One prominent card reads "I AM STRONG" in large, colorful letters. Other cards with the words "I AM" are visible but partially obscured. The scene is lit with warm, soft light, creating a calm and focused atmosphere.

I AM
STRONG

Books

We highly recommend you include your child's favorite books and any books that may bring comfort. In addition these books are recommended reading together or alone for social emotional learning skills

[A Boy Called Bat](#)

[There Might Be Lobsters](#)

[All Are Welcome](#)

[The Invisible Boy](#)

[The Color Monster](#)

[The Body Sends a Signal](#)

[The Way I Feel](#)

[I Wish My Teacher Knew](#)



Ready to Learn More?

In addition to creating this calming corner, you can learn to teach mindfulness, meditation, and yoga to the children in your life. We've taken the same trainings we provide K-12 schools and put it into three easy to digest E-courses.

Go to www.Courses.TheNamasteProject.net