

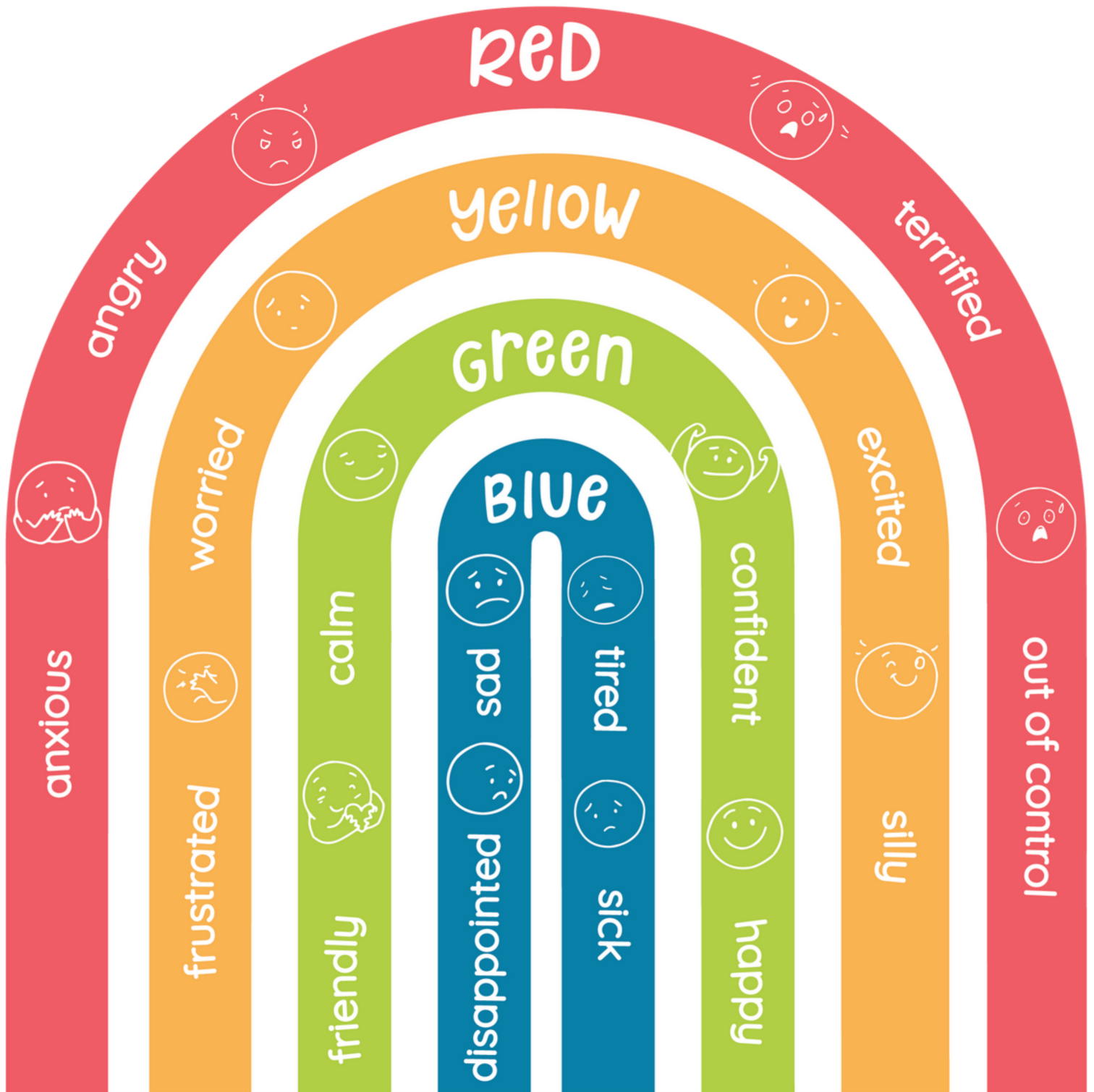


# MY CALMING CORNER

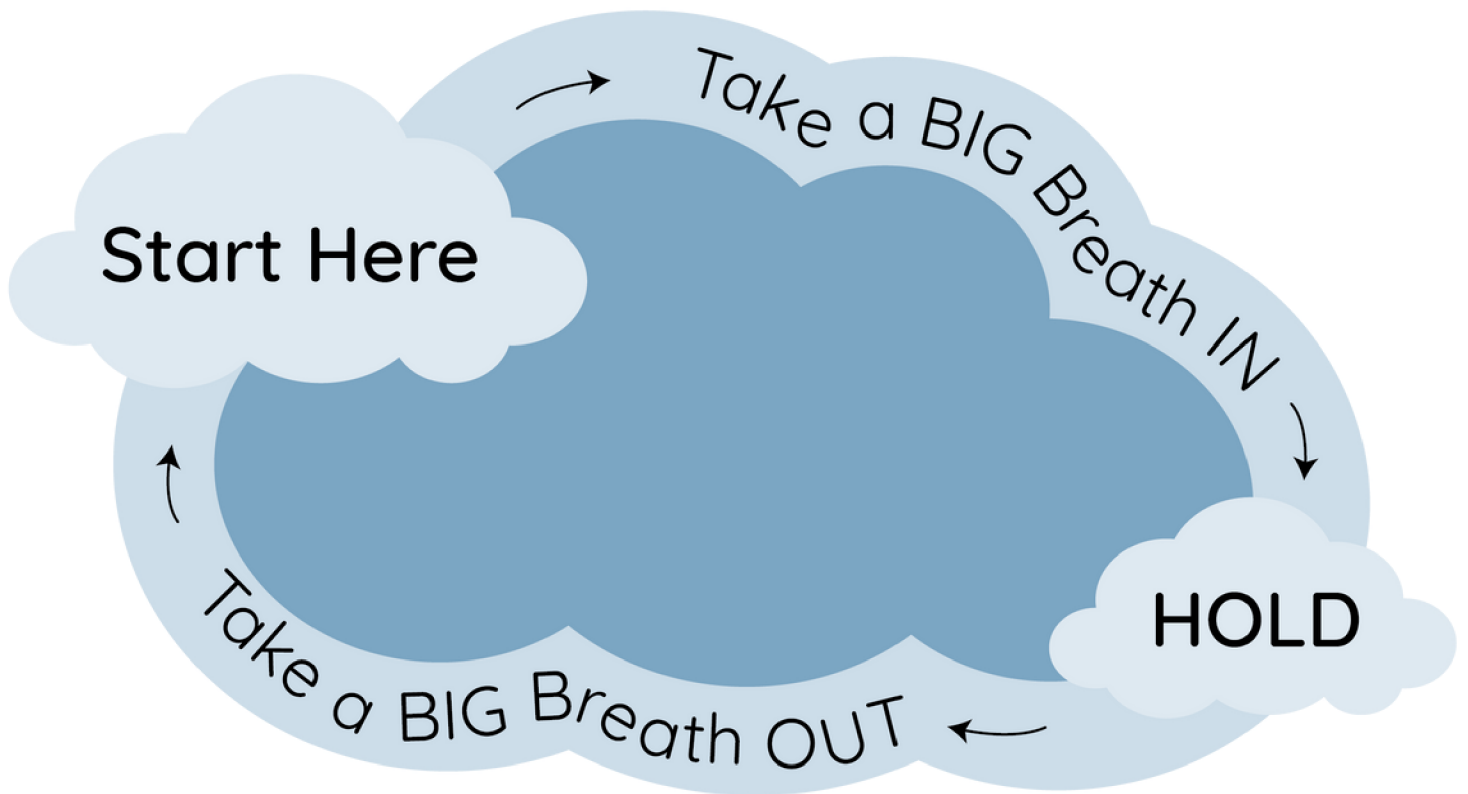
ALL  
my  
feelings  
ARE OK

The text is decorated with several small icons: a sun and two stars (one yellow, one pink) to the left of 'my'; a sun and two stars (one yellow, one pink) to the right of 'my'; two stars (one yellow, one pink) to the left of 'ARE'; and a sun and one star (pink) to the right of 'OK'.

# Where is your feeling on the rainbow?



# CLOUD breathing



Trace the cloud as you breathe in and out.  
Think about someone you love while breathing.



**I AM**  
**safe**  
**loved**  
**valuable**  
**enough**

# count your breath one to ten



# count your breath ten to one

# Emotional Intelligence Kit

**Ages 5-11**

Your child's guide to mastering their emotions! With this kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves!

A real game-changer!"

- Katharine B.



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With gratitude,  
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