Chart 1: Calm Corner Setup

What is Calm Corner? Not Punishment. It is Peace Corner.

When child is angry, we do not say "Go to corner". We say "Let us go to Calm Corner to feel better".

Things Needed:
1. Small mat or carpet
2. Two soft pillows
3. One bottle of water
4. Two picture books
5. One soft toy
6. Feelings chart with 4 faces - Happy, Sad, Angry, Tired

How to Use - 4 Steps:
Step 1: Hold child gently, say "I see you are angry"
Step 2: Go together to Calm Corner
Step 3: Offer water, deep breaths - Inhale 4 counts, Exhale 4 counts
Step 4: When calm, ask "What happened? What can we do?"

Rule for Parents: Never force. Calm Corner is safe, not scary.