Classroom Calm-Down Toolkit

CAMS for Early Childhood • Set Kids Up for Success

Simple, practical strategies to help young children pause, regulate, and return to learning.

Start With Connection

Get low, use a calm voice, name what you see, and remind the child that you are there to help.

Breathing & Body Tools

- Smell the flower / blow the candle
- Take 3 slow breaths together
- Push hands together for 5 seconds, then relax
- Stretch, reach, or shake out tension

Calm Choices

- Quiet corner or cozy space
- Looking at a book
- Drawing or coloring
- Water break
- Sensory activity
- Short movement break

Teacher Prompts

- “Your body looks like it needs a break.”
- “Would you like to breathe with me or have some quiet time?”
- “You are safe. We can work through this together.”
- “When your body is ready, we will try again.”

After the Calm

Reconnect before correcting. Briefly review what happened, practice the replacement skill, and help the child rejoin the group.

“A calm adult can become a child's safe place.”

Notes