

Notes About the Activity Pages



- The following activities are meant to be used in small groups or even with one student.
- Each activity will require some discussion with the student(s), either to teach them something or to elicit thoughts from them.
- The activities can be used individually or as a group, depending on need and time available.
- The activities have been grouped according to grade levels, but the adult can decide to use something from a different grade level if it seems to fit better.

If you or your child need support with mental health, reach out to a mental health professional.
You can find resources and assistance at FastTrackerMN.org.



Calm Room Activity



GRADE 4 ACTIVITY - Calm Room

OBJECTIVE: Students can use this activity to begin thinking about ways they can calm themselves when faced with strong emotions such as anxiety, anger and depression.

DIRECTIONS: The student can work through these pages by themselves or with an adult. It is important to follow up with some discussion of the student's responses, especially if there are some misconceptions that come out.

The purpose of designing this room is to really consider ways that they can take care of themselves in stressful moments. We will know it is successful if students begin to advocate for themselves and what they need.

The adult working with students on this activity will want to prompt students to explore options for handling strong emotions or stressful times.

Prompts to help lead a discussion about what might work for the student/s:

- When you feel angry what helps you to control your actions?
- If you are embarrassed/sad/anxious about something do you like to talk about it or do you like to do something else?
- Does music/drawing/reading/etc. help you to feel more calm?
- Would you like a room where you could be alone or a room where you could spend time with friends/family/understanding adults?

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Name _____

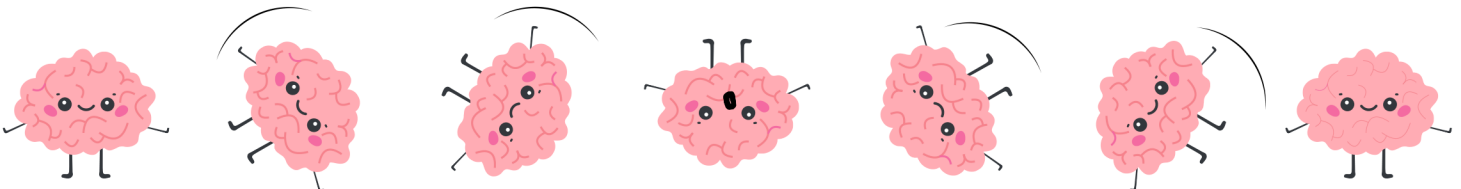


Design a room for calm

DIRECTIONS: Today you will design a room. It should be a place where you could go to take care of your mental health. Maybe it would be a place where you could practice breathing and stretches. If you are feeling strong emotions or the world around you is stressful this room could help you take care of your mental health.

Consider the following components for your calming room.

- Paint colors that are soothing
- Comfortable places to sit
- Activities to calm your mind
- Music or soothing sounds
- Soft toys or pillows



Name _____



Design a room for calm

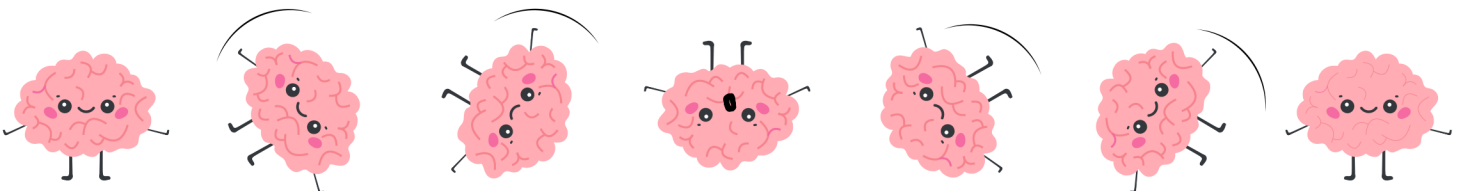
This is your dream room so maybe you like to watch silly movies, read a good book or doodle shapes and squiggles. You can have anything that helps you feel more calm in your room!

As you are thinking about what to have in your calming room think about what types of things help you to feel more calm and relaxed.

For example, you might like to have some stuffed animals or soft pillows. Maybe a comfy chair or a table to do crafts could be in your room. You can use your imagination!



These are some things I want in my calming room:



Name _____



My Calm Room

Now it is time to create your special room.
Draw the things you would like to have in a
calming room.

