

The Calming Corner

Implementation Guide · Architecture of Grace

A calm-down spot any classroom can set up in five minutes — using only a tablet or laptop you already have. Students use it on their own, when they need it, to find their way back to steady. No app to install, no logins, and nothing ever leaves the device.

Set it up in four steps

- 1 **Open the Station.** On a dedicated tablet or laptop in the corner, go to **architectureofgrace.org** and tap **Calming Corner** → **Open Station Mode**.
- 2 **Print the QR code.** Tap **Generate QR code** and print it, so students can scan from a phone or another device too.
- 3 **Add a small sign.** Something simple: “Feeling overwhelmed? Scan or tap a tool.”
- 4 **Keep it voluntary.** A reset, never a consequence. The corner works because it is the student’s choice.

What’s inside — the tools

Every tool is guided, gentle, and self-serve. A student taps one and is walked through it, step by step.

Breathe

- 4-7-8 Breathing and Paced (Box) Breathing — animated breath guides that steady the nervous system.
- Rainbow Breathing and Take 5 — breathe through colors, or trace your hand breath by breath (great for younger students).

Move & Play

- Movement Break — a short, timed shake-out sequence.
- Animal Yoga and Tap Pad — playful poses and a rhythm to steady the heart.

Ground & Soothe

- 5-4-3-2-1 Grounding and Safe-Place visualization — sensory anchors back to the present.
- Body Scan / progressive muscle release, Butterfly-Hug tapping, and a Calm-Down Jar to watch and settle.

Express & Reframe

- Harsh → Kind — flip an unkind inner thought into the way you’d talk to a friend (the Inner Coach).
- A quiet space to name a feeling and let it be heard.

For the grown-ups, too

The corner isn’t only for students. Two companion tools support the adult in the room:

- **Co-Regulation** — “Regulate yourself first; your calm is the intervention.” A short reset for you before you help a child.
- **Grace Lens & Circle Time** — a shared language of grace, repair, and belonging: Reset Together, Feelings Go-Round, Coach the Critic, Repair Circle, and Strengths Circle.

Make it work — a few gentle principles

- **Voluntary and judgment-free.** The corner is a reset, never a punishment or a time-out.
 - **Name it as normal.** Everyone needs to come back to steady sometimes — model using a tool yourself.
 - **Private by design.** Nothing is stored or sent anywhere; what a student does in the corner stays on the device.
 - **Reaches everyone.** Fully bilingual (English & Spanish), with read-aloud, picture answers, high-contrast, and dyslexia-friendly options built in.
 - **It’s free.** The Calming Corner and all its tools are free for schools — open the page and begin.
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