

# What is a **CALMING AREA?**

A calming area is a designated space that provides a calming and supportive location for students needing a break to self-regulate or manage sensory challenges.

The goal of a calming area is to support students in developing self-regulation skills and provide them with a safe space where they can manage sensory overload or emotional challenges.

## **10 Activities to Help Calm Down**

1. Draw a picture or doodle
2. Talk to a friend or trusted adult
3. Perform simple yoga
4. Listen to music
5. Read a book
6. Explore a sensory bin
7. Get a drink of water
8. Perform mindful breathing
9. Work a puzzle
10. Use a hand fidget



# What is a **LEARNING AREA?**

A learning area at school provides an organized and supportive environment to help students regulate their sensory experiences, improve focus, and enhance learning. It often has flexible seating options, allows for movement breaks, and is dynamic enough to meet students' individual learning needs.

## **10 Activities to Help Stay Focused**

1. Take a short movement break
2. Get a drink of water
3. Break down your work into smaller steps
4. Stand up and stretch your arms
5. Suck on hard peppermint candy
6. Chew gum
7. Use a fidget
8. Reread the directions
9. Ask for help if you need it
10. Use a visual timer



# What is an **ACTIVE AREA?**

An active area, also known as a movement area, is a designated space that provides a safe and fun location for students needing extra movement and sensory experiences during their school day. It aims to provide students with movement breaks in a structured and safe way to help them self-regulate and return to learning.

## **10 Activities to Help Move with a Purpose**

1. Complete a sensory path
2. Do 20 jumping jacks
3. Do movement card activities
4. Run an errand to the office
5. Jump for 20 seconds
6. Go through the sensory stations
7. Stretch high and low
8. Do 20 wall pushups
9. March in place for 20 seconds
10. Play movement Simon Says



# ABOUT POSITIVELY MOXIE

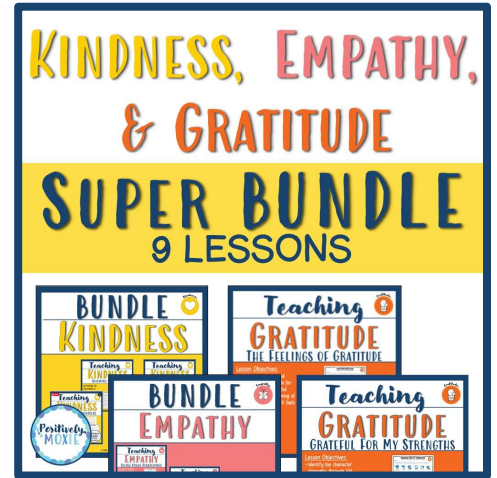
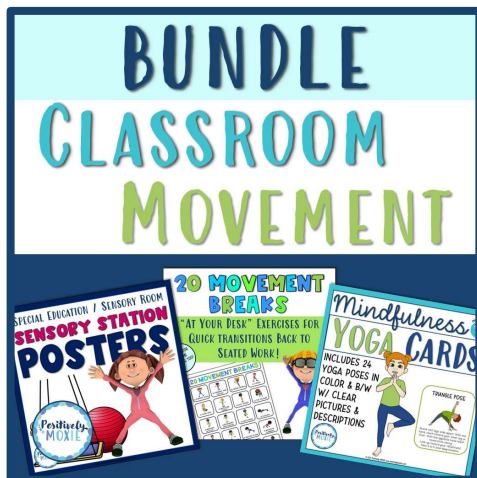
Molly (a junior high school counselor and former elementary school teacher) and Jill (a school-based occupational therapist) have teamed up to empower teachers, counselors, therapists, and parents who want to teach young people the skills to better coach their brains for greater well-being and resilience.

The science of positive psychology, counseling techniques, self-regulation, cognitive behavioral therapy, sensory processing, executive functioning, and brain science influences us! We understand our students and youth need as many “tools” in their toolbox as we can give them.

Molly and Jill are passionate about creating relevant, high-quality, and actionable resources to address well-being and resilience skills for students!



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