



Build a Cool Calm Kit

Build your personalized Cool Calm Kit to manage stress, find balance, and recharge throughout the day! Fill in each section with items and activities that work best for you, targeting your senses, connection and mindfulness needs.

Touch: Ground Yourself Choose items that provide a calming sensation or help you feel connected to the present moment.
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Smell: Soothe Your Emotions Include scents that relax or uplift you, helping to regulate your emotions throughout the day.
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Sight: Reset Your Focus Pick visual items that bring you calm and help you refocus when needed.
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Add Mindfulness Tools Add items that support mindfulness and help you stay present, calm, and focused.
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Positive Affirmations: Boost your Mindset Incorporate quotes, mantras, or affirmations that inspire and motivate you.
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Stress-Relief Activities Add activities that help you de-stress, be creative, and unwind.
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Meaningful Items Bring in items that have personal significance and help you feel connected and comforted.
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How to Use Your Cool Calm Kit Fill in your plan for using your kit throughout your teaching day.
How to use:
Start of the day:
During breaks:
During planning periods:
After school:

Customize and evolve your Cool Calm Kit as needed to fit your preferences. Keep it handy and use it throughout the day to stay centered, relaxed, and ready to tackle whatever comes your way!