Calm Home *Toolkit*

Calm corner cards, "what I can do when I'm angry" cards, the after-school first hour menu, a picture routine for the morning and a chores-by-age chart.

A companion to **The Everyday Montessori Preschooler**, 3 to 6 years.
Make them with your child, at a calm moment.

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Practice when it's calm, *use it when it isn't*

1. **Build the calm corner together.** Choose the spot with your child, near the family, not in their bedroom. A cushion, a blanket, two books, a squeeze ball. Stick the poster and the cards on the wall at their height.
2. **Rehearse it like a fire drill.** Go there together when everyone is calm. Try each angry card. Blow the candle, squeeze the pillow, stomp.
3. **Offer, don't order.** In the middle of a meltdown, offer the corner and breathe yourself. Your child learns most from watching you use it.
4. **Hang the after-school menu by the door.** When your child gets home, they point to what they need. Four to six choices is plenty.
5. **Put the morning routine where it happens.** Point to the chart instead of giving instructions. "What's next on your chart?"

FROM THE BOOK

Module 2 covers meltdowns, hitting and the calm corner. Module 3 explains the crash after school and the first hour. Module 4 covers mornings and real jobs by age.

THE CALM CORNER ISN'T A TIME-OUT

It's a place to calm down, with you if needed, never a punishment. Never lock a young child in a room.

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My calm corner

When my body feels too big

1. I come to my corner, with a grown-up if I want.
2. I smell the flower and blow the candle, three times.
3. I choose something that helps.
4. I come back when my body is calm.

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When I'm angry, I can...

Cut out the cards, or hang the whole page in the calm corner.

Blow slowly

Squeeze a pillow

Stomp my feet

Ask for a hug

Go to my calm corner

With a grown-up if I want

Drink some water

Slow sips

Scribble it out

Big, hard lines on paper

Jump ten times

Count out loud

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FOR THE CALM CORNER

How do I *feel?*

Point to the word together. Going past happy, sad and mad gives your child words for what's really going on.

happy	sad	mad
frustrated	disappointed	embarrassed
nervous	scared	proud
tired	calm	excited

Smell the flower, *blow the candle*

1. Hold up one finger. It's a flower. Breathe in slowly through your nose to smell it.
2. Now the finger is a candle. Blow it out slowly, a long breath out.
3. Three times. Practice at bedtime and in the car, so it's ready on a hard day.

FOR GROWN-UPS

A long, slow breath out helps the body calm down. Do it yourself, visibly, when you're stressed. "I'm smelling my flower."

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After school, I need...

Point to one card. Snack first is always a good idea.

Snack

Something filling

Quiet books

On the couch or the rug

Outside

Run, climb, ride

Blocks

Build something

Bath

Warm and slow

Cuddle

Close to a grown-up

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My morning

What's next on my chart?

1

Wake up

2

Toilet and wash hands

3

Get dressed

4

Breakfast

5

Brush teeth

6

Brush hair

7

Shoes on

8

Coat and bag

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REAL JOBS

Chores *by age*

A guide, not a test. Most children can learn the tasks in each column with teaching and practice. Start with what your child can almost do already.

	AROUND 3 TO 4	AROUND 4 TO 5	AROUND 5 TO 6
Self-care	Wash hands, put on loose pants and a jacket, shoes with straps, blow nose	Dress fully except tricky fasteners, wipe after the toilet with a check, brush teeth with you finishing	Dress alone, zip a coat, start learning laces, pack their own bag
Kitchen	Wash vegetables, tear lettuce, pour from a small pitcher, spread with a butter knife	Slice soft fruit with a child's knife, crack eggs, measure and stir, peel a clementine	Make a simple snack, help follow a picture recipe, make a sandwich
Home	Put toys away, put clothes in the laundry basket, water a plant	Match socks, wipe the table, sweep with a small broom, pull up the duvet	Fold towels, clear the table, sort recycling, feed a pet

Knives and stoves need an adult right there. A child's knife and soft food first, and step stools kept away from the stove.

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OUR FAMILY JOBS

We help *because we live here*

Choose two or three jobs together and write them in the first column. Your child colors a box when the job is done. Family jobs are unpaid. The chart is a reminder, not a reward system.

Name _____

MY JOB	MON	TUE	WED	THU	FRI	SAT	SUN

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