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Have You Heard About Calming Corners?

A Calming Corner is a safe space in the classroom where students can practice self-regulating their feelings and work through challenges so they can focus on learning.

Calming Corners can include fidget toys, plush animals and pillows, toys that help with breath regulation, soothing lighting, and more.

With the help of CHRIS 180 school-based therapists, teachers use Calming Corners to manage their classrooms and support students' well-being.

CHRIS 180's in-school therapists also offer staff training on trauma-informed care, classroom consultations, and teacher coaching.

With the support of a CHRIS 180 therapist and a trauma-informed school community, students learn how to pause and process - instead of reacting.

Support Mental Health Resources for Students



"If a child is becoming emotionally dysregulated, they can go to a Calming Corner to feel comforted and safe. They recognize it as a safe location in their classroom.

Before Calming Corners, kids were being sent out of the classroom and were remaining dysregulated. Now they stay in their classroom, and they feel safer because they have a place to go to calm down and talk about their emotions."

- Danielle Whitehurst, LCSW, CHRIS 180 Therapist, School-Based Mental Health

When they are moving through intense feelings or trauma, a Calming Corner - and the support of a caring in-school therapist - can help students find stability.

Shown below: a Calming Corner at Usher-Collier Elementary School (L) and Mobile Calming Carts at Heritage Elementary School (R).



With your help, CHRIS 180 will continue supporting Atlanta students with the mental health resources they need to heal, grow stronger, and thrive.

Yes, I will help students and their families!



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