

PSYCHOLOGY NEWSLETTER

JANUARY 2025



Dear Waverly Families,

This month, we introduced all classes to their “cool down corners.” This is an area in their classroom where students can go when they have a big, uncomfortable feeling that affects their thinking and learning. Students learned why a “cool down corner” can help us manage our big feelings, as well as when to use the corner. Students had the opportunity to test out the items and discover which they would find most helpful. Students also played a game to learn how to use the cool down corner in an expected way.

Warmly,

Dana Mosca & Melissa Schaer
Waverly School Psychologists

Cool Down Corner at Home

Teach your child when the cool down corner should be used and how to use it. You should also share that going to the calm corner is not a punishment and is a safe space for them to go when they are feeling an uncomfortable emotion, such as stress, sadness, anger, frustration, etc.

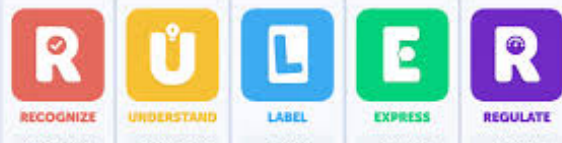
Location:

Find a location in your home that is comfortable, quiet, and free of distractions. Ideally, it should be a place that is not being used for schoolwork.

What to include:

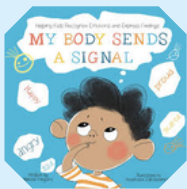
The cool down corner can be created with your child’s help and should include items they find helpful to them. Some ideas include a pillow, blanket, a journal, paper and colored pencils, squeeze balls, scented lotion, and a glitter jar.

For more information, read [this article](#).



Please click on this [link](#) to reinforce RULER at home and to help integrate it into your cool down corner!

Activities & Books



Click on the pictures for links to the books and coloring sheets!

