

Make Your Own Calming Corner

A **Calming Corner** is a designated safe and cozy space where kids can go to take a break, calm down, and self-regulate themselves when they are upset. It supports kids in learning how different emotions make them feel and in building coping skills.

Supplies: *The items below are suggestions of what can be used to make your calming corner.*



- Pillows
- Your child's favourite items (e.g., books, blanket, music, etc.)
- Breathing cards or posters
- Tent
- Blankets
- Nightlight/flashlight
- Cardboard box
- Beanbag chair



Activity Instructions:

1. Find a quiet space in your home; this could be a fort you build out of blankets or cardboard boxes, a space cleared out in a closet, or a corner of the room where you put down some blankets and pillows.
2. Use dim or soft lighting in your calming corner (e.g., nightlight, flashlight, lamp, dimming the lights, closing the blinds); this makes the space feel calmer.
3. Place items in the corner that help your child feel calm (e.g., their favourite items, pillows, blankets, stuffed animals, colouring pages, headphones, music, etc.).
4. Create posters that remind your child to take deep breaths, and post them in the calming corner.



Tips:

- Have your child help with planning and creating the calming corner – every child has unique needs and preferences that help them feel calm
- This space can be used with a parent/guardian or sibling or as an alone space. Over time, children will learn and recognize when they need to use this space to self-regulate
- Use the calming corner as a positive space, don't use it for timeouts. Let your child learn/decide when they need to use the calming corner

