

# CALMING CORNER

FOR SELF-REGULATION

## When to use:

- To relax / during a break
- When your child starts feeling anxious, stressed or emotional



## How to create/introducing a calming corner:

- If possible, involve your child in choosing a spot in the house that they feel safe and calm in
- Decorate it with pillows/blankets/a canopy and encourage your child to really make it their own
- Familiarize your child and form positive associations with the calming corner by carrying out your child's favorite, calm activity (e.g. puzzles, reading, playing with lego) in the calming corner.
- Remind your child that they can come here when they feel sad, mad or worried

## Things that can go into it:

- Pillow
- Bottle with staw
- Water timer
- Stress ball

