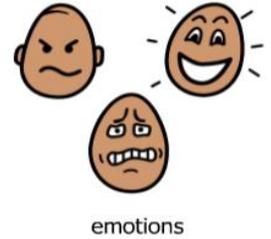


How to set up a Calm Corner

'Calm Corners' are such a great tool to have in your home. It provides a safe place for your child to use and improve their self-regulation skills.



A calm corner can be part of your child's 'Zone's of Regulation Toolkit' and can be used when a child is:

- trying to move from the red or yellow zone to the green zone or
- when a child is in the green zone and wants to stay there!

To make a 'Calm Corner' work there are a few things you need to consider when setting them up.

- **Location** - It is important to think about where the 'Calm Corner' is going to be. For example, in a quieter room/ space in the house.
- **Furniture**- You'll need a comfortable place for your child to sit e.g. a bean bag chair or large cushion. Try draping material to make the space cosy.
- **Visuals** – You can include a few visual reminders but not too many e.g.
 - Poster of breathing techniques
 - Copying skills prompt cards (taken from child's own 'toolkit' of strategies if they have them) e.g. breathing, counting down, squeezing sensory toy, colouring etc.
- **Calm down tools** - A 'Calm Corner' is not complete without tools the child can use to help themselves regulate their emotions. Collect together some items you know help and keep them in a box/basket within the 'Calm Corner'. A few examples include:
 - Glitter Jar (you can easily make your own)
 - Puffer Squeeze Ball
 - Sensory Stixx
 - Expandable Ball (great for visualizing breathing)
 - Play-Doh, Kinetic Sand
 - Timer

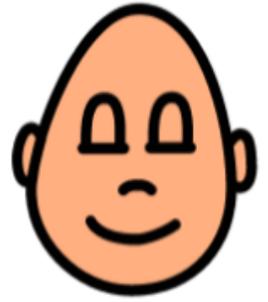


How to use the 'Calm Corner'

Tell and show your child it's a place they go to feel calm.

The idea is the child uses the 'Calm Corner' until they feel they can rejoin the activity.

First try using your calming strategies in the space when they are feeling ok, so they see the area as being positive.



calm

Depending on your child's level of understanding there are you and your child can go through together in the calm corner. These steps make the calm down process interactive. It also helps them think about how they are feeling and focus on using strategies to get back to calm, if they are ready to do this. Useful steps to follow include:

1. Do a feelings check using a feelings thermometer or emotion pictures
2. Use a calming strategy
3. Do a feelings check.
4. If calm, return to activity
5. If not calm, use the same strategy or another strategy.
6. Do a feelings check.
7. Return when calm or with adult support.

Do whichever stages feel right for you and your child.

