

How to create a calm down area for your family



- **Find a spot**
 - Quiet and not too busy, low lighting or ability to dim lights
 - Can be a corner in a room or an area in child's bedroom
 - Each child should realistically have their own spot
- **Create the space and make it cozy**
 - Separate the space out (can be done with a tent, curtain, lay out a blanket, mat)
 - Add some pillows or extra blankets & stuffed animals
- **Get a box or basket to place in calm down corner**
- **Add tools that your child can use in times of stress**
 - Allow your child to help pick items out, so they feel a sense of control
 - Stress balls, play dough, bubbles, art supplies, a favorite book, a toy they enjoy to play with quietly
 - Make a coping plan (see link above) that can also serve as a visual for your child as to what calms and relaxes them. Include this in the box/basket too
- **Explain and practice**
 - Provide your child with an age appropriate explanation of what their calm down corner is and how to use it
 - Show them the spot
 - Explain the purpose, "This is a special place you can go when you need a break or when you feel upset, scared, or frustrated."
 - Let them add their own specific items or decorations
- **Calm reminder**
 - When your child is looking like they could use the calm down corner, remind them it's okay to take a break

