

How to set up a Calm Corner

What is a Calm Corner?

Calm corners are a great tool to have in your home. A calm corner 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 "**Zones 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!



How to make a calm corner

There are a few things you need to consider when setting up a calm corner.. .

- **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.
 - A poster of breathing techniques
 - Coping skills prompt cards (taken from your child's own 'toolkit' of strategies if they have them) e.g. breathing, counting down, squeezing sensory toy, colouring etc.





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- **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 a Calm Corner?

- Tell and show your child that it is a place they can go to feel calm and they can use it whenever they need it.
- The idea is the child uses the 'Calm Corner' until they are able to rejoin the activity and/or feel calmer.
- It is essential that at first you try using your calming strategies in the space when they are feeling ok, so they see the area as being positive.
- Depending on your child's level of understanding, you and your child can go through activities together in the calm corner or they can do this independently.



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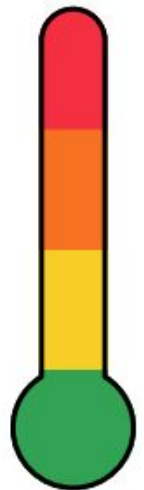
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Step by Step Calming strategy

The following steps can make the calm down process interactive. It also helps your child think about how they are feeling and focus on using strategies to get back to being 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.

