

# 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

