

Calm Corner Tips and Ideas

Creating a "calm corner" or "calm area" is a wonderful strategy for helping children manage their emotions and find a sense of peace. This designated space can be a retreat for them when they feel overwhelmed, anxious, or need a break. Here are some ideas on how to create and what to include in a calm corner:



Setting Up the Calm Corner Choose the Location: Pick a quiet, cozy spot away from high-traffic areas.

Make it Comfortable: Use soft cushions, pillows, or a beanbag chair. Add a blanket or throw for extra comfort.

Create a Calming Atmosphere: Use soft lighting, such as a small lamp, fairy lights, or a salt lamp. Decorate with calming colors, such as blues, greens, or neutrals.

Items to Include in the Calm Corner

- **Sensory Items:** Fidget toys like stress balls, fidget spinners, or textured objects can be manipulated by children. Sensory bottles filled with glitter and water can be shaken and watched as they settle. Weighted items, such as a weighted blanket or lap pad, provide a soothing sensation.
- **Mindfulness and Relaxation Tools:** Deep breathing tools, such as a pinwheel, small fan, or bubble blower, encourage deep breathing exercises. Mindfulness cards with simple exercises or prompts can help focus the mind. Guided meditation audio, with preloaded meditations or calming music, provides relaxation.
- **Creative Outlets:** Art supplies, including crayons, markers, colored pencils, and paper, allow for drawing or coloring. Journaling supplies, like a notebook and pens, enable children to write down their thoughts and feelings. Clay or playdough offers hands-on, creative expression.

If you or your child need support with mental health, reach out to a mental health professional.

You can find resources and assistance at FastTrackerMN.org.



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Items to Include in the Calm Corner continued:

- **Comfort Items:** Stuffed animals or comfort objects provide familiarity and comfort for children to hold or cuddle. Photos or mementos like pictures of loved ones, pets, or happy memories can offer emotional support.
- **Books and Puzzles:** Calm down books with calming stories or positive messages can soothe. Activity books, including coloring or puzzle books, can engage and distract. Mindfulness and relaxation books teach mindfulness techniques or offer relaxation stories.



Tips for Using the Calm Corner:

- **Explain the Purpose:** Teach the child that the calm corner is a safe place to go when they need to calm down or take a break.
- **Set Guidelines:** Establish simple rules for using the calm corner, such as using it for a set amount of time or asking for permission if needed.
- **Encourage Regular Use:** Encourage the child to use the calm corner regularly, not just when upset, to associate it with positive experiences.
- **Model Calm Behavior:** Use the calm corner yourself to demonstrate that it is beneficial for everyone.
- **Check-In:** After the child has used the calm corner, check in with them to see their feelings and discuss any emotions they experienced.

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