



# A WAY OF BEING WITH CHILDREN

## Creating a Calm Down Corner

Tips to Promote Child Well-Being and Resilience



### What is a Calm Down Corner?

A calm down corner is a designated space in a home or classroom which is designed with the sole intention of being a safe space for a child to go to when they feel their emotions are running too high and they need to regain their emotional and physical control. A calm down corner is equipped with comforting objects and soothing materials that can promote mindfulness, breathing, and reflection.



“ Being able to calm yourself when emotions run high - or self-regulate - is a learned skill. Similar to how a child is taught to tie their shoe once they have the fine motor skills to do so, once a child's brain is developmentally ready to self-regulate, they can learn different strategies and ways that work well for them. ”



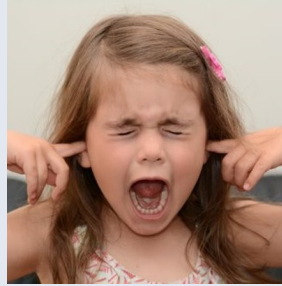
### Benefits of a Calm Down Corner

- Teaches emotional regulation
- Gives children self-awareness & self-management
- Helps control impulsive behavior
- Allows kids to feel okay with their big emotions
- Adds structure and consistency
- Promotes self-esteem
- Helps prevent meltdowns
- Helps kids develop stronger communication skills



# When to Use Your Calm Down Corner

- During a tantrum
- When a child is aggressive
- When a child is in the silly zone
- When a child is overstimulated
- When a child is angry or frustrated
- When a child isn't listening
- When a child needs a break



## Building Your Calm Down Corner

- Fidget toys or stress balls
- Stuffed animal(s)
- Sensory bottles
- Music with headphones
- Paper and crayons or pencils
- Writing board
- Putty, slime, modeling dough, or kinetic sand
- Calming books

## Introducing Your Calm Down Corner

- Tell your children what it is
- Tell them the purpose of it
- Teach them how to use the tools
- Teach your children what to do in it
- Teach them the process



## Steps to Using Your Calm Down Corner

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



**Your calm down corner is not a place of punishment. It is a quiet, welcoming spot which benefits the child by giving them a private area where they can take a short break whenever they need it.**

Get more resources at: [www.centerforchildcounseling.org/awayofbeing](http://www.centerforchildcounseling.org/awayofbeing)