



USING A CALMING CORNER TO SUPPORT YOUNG CHILDREN AND BIG EMOTIONS

Children need a space where they can go that feels safe to calm down or solve problems. It should be a place that is comfortable and is away from the most active areas in the classroom. Sometimes children (adults too) need to take a break from what is going on around them. Remember, the Calming Corner is NOT a time out. This should be a space children choose.



Items you may need:

- Furniture/rugs to separate the space
- Pillows, bean bag
- Sensory toys (fidgets, etc)
- Feelings Poster, problem solving kits, social story
- Unbreakable Mirrors
- Keep it simple, you want items available but not overwhelming

To introduce the Calming Corner to children in your care:

- Consider a book or two (e.g. *When Sophie Gets Angry*, or *I Can Calm Down When I'm Upset*) to read during circle or small group time. Personalize your own social story.
- Model how to use appropriately (verbally labeling what you are feeling and doing).
- It will be a very popular area at first, use this as an opportunity to teach children more about their emotions while they are in the space.
- It is important to introduce, **teach and practice using** the Calming Corner when children are calm (not when they are upset)
- ALWAYS praise children for using the space appropriately
- When children are having big feelings in the first weeks after your Calming Corner is set up, you might need to remind them that this space is available. Say something like, "I see your face is red and I heard your voice get louder. Do you want to go to the Calming Corner to help you feel better? (wait) I could go with you if you would like me to."

