

Calm Down Corner Checklist

For Parents (What to Include)

- ✓ A quiet, low-traffic space
- ✓ Soft seating (beanbag, cushions, or small chair)
- ✓ Cozy blanket
- ✓ Soft lighting (lamp or fairy lights)
- ✓ Sensory tools (stress balls, fidget toys, play dough)
- ✓ Comfort items (stuffed toy, family photo)
- ✓ Creative supplies (paper, crayons, notebook)
- ✓ Soothing aids (calm jar, gentle music, storybooks)

For Kids (How to Use It)

- Take your favorite toy or blanket with you
- Colour or draw your feelings
- Try starfish breathing (big stretch, then curl small)
- Look at a book or listen to calming music
- Rest quietly until you feel calm again
- Hug a pillow or stuffed animal
- Remember: This is your safe, cozy space

A calm down corner is not punishment — it's a place to rest, reset, and feel safe.