



# CALM CORNERS AT HOME

## What is a Calm Corner?

A Calm Corner is a safe, supportive space at home/school/childcare facility where children can take a break and practice ways to manage big feelings.

Calm Corners help kids:

- Notice and name their feelings
- Learn ways to calm their bodies and minds
- Feel safe, supported, and understood
- Refocus and return to learning or activities
- Build healthy skills they can use for life

## What a Calm Corner Is - and Is Not

A Calm Corner is:

- A place to learn self-control
- A space to practice calming skills
- A support for emotional growth

A Calm Corner is NOT:

- A punishment
- A way to avoid responsibilities
- A discipline tool

## What Do Children Do in a Calm Corner?

- Take slow, deep breaths
- Use a calming tool, like a stress ball or picture
- Sit or rest quietly for a short time
- Try a simple grounding or relaxation activity
- Read a book or listen to calming music

## How to Create a Calm Corner at Home

- Choose a quiet spot with a chair, cushion, or blanket
- Add a favorite book, stuffed animal, or calming item
- Suggest simple strategies like breathing, counting, or quiet time