



Creating a Calm Down Space

CREATING A SPACE THAT YOUR CHILD CAN GO TO ANYTIME THEY FEEL LIKE THEY NEED A LITTLE QUIET, DOWN TIME CAN BE A GREAT WAY TO FEND OFF MELT-DOWNS. THIS SPACE SHOULDN'T BE A PUNISHMENT SPACE, BUT RATHER A SELF-CARE TYPE SPACE. LET YOUR CHILD KNOW THAT THEY CAN USE THIS SPACE ANYTIME THEY FEEL LIKE THEY ARE GETTING UPSET OR FEELING OVERWHELMED, OR WHEN THEY FEEL LIKE THEY JUST NEED A BREAK. HERE ARE SOME IDEAS OF WHAT TO PUT IN YOUR CALM DOWN SPACE.

- ☐ COZY BLANKETS AND PILLOWS
- ☐ STUFFED ANIMALS
- ☐ COLORING SUPPLIES (CRAYONS, COLORED PENCILS, PAPER)
- ☐ POSTERS WITH ENCOURAGING SAYINGS/MANTRAS
- ☐ MUSIC PLAYER WITH HEADPHONES
- ☐ BOOKS AND/OR KID FRIENDLY MAGAZINES
- ☐ FIDGET SPINNER
- ☐ SILLY PUTTY OR THINKING PUTTY