

Calm CORNER



What is it?

A calm corner should be a designated space in the classroom, situated away from busy areas and loud activities. It should offer a sense of privacy, allowing children to feel separate from the group while they regulate their emotions.

Before introducing the calm corner to the class, it's essential to explain its purpose to all students. Emphasize that this area is available for anyone experiencing strong emotions who may need a brief break from group activities. Clear guidelines on how to use the calm corner should also be explicitly taught and practiced with the entire class.

Rules for the calm corner may be:

1. Only one person can be in the calm corner at a time
2. The teacher will check on the child after 5 minutes and see if they are ready to return to the group
3. All children in the class have the right to use the calm corner; it is not reserved for children who are often dysregulated.
4. When a child feels the need to use the corner, they should be able to do so without permission.



All items in the calm corner need to be introduced to the class and they should be taught how to use them. The corner should start off very simple with few things in it, until more tools are introduced.

What to include

1. Fidgets
2. Soft toys or pillows
3. A laundry basket for the children to sit in
4. Visuals of emotions
5. 3-4 books
6. Noise reduction earphones
7. Calm tracing
8. 1-2 Breathing exercises

Please note, not all these should be placed in at once. What goes in should be a question of trial and error. We do not want to overwhelm the space.

Some different ways to set up a calm corner could be:

1. Use a tent
2. Use a canopy
3. Use a laundry basket

HERE are some ideas of what your Calm Corner may look like.

