# 🛋️ How to Build a Calm-Down Corner at Home

Every child deserves a safe, peaceful place to manage big feelings. A calm-down corner offers children the tools they need to self-regulate, reset, and regain confidence.

### 🛏️ 1. Choose the Right Spot
Find a quiet area with minimal distractions. A cozy corner of a bedroom, playroom, or even a small tent or fort works well.

### 🧸 2. Add Comfort Items
Include pillows, stuffed animals, weighted blankets, or soft rugs. Comfort helps children feel safe and secure.

### 📚 3. Offer Calming Tools
Provide sensory bottles, stress balls, books, headphones with soothing music, or simple fidgety toys to redirect focus.

### 📜 4. Create a Visual Choice Board
Display pictures or icons showing different calm-down strategies — deep breathing, counting to 10, hugging a pillow, listening to music.

### 🌟 5. Practice Together
Model how to use the calm-down corner before it's needed. Visit together during calm moments so the space feels positive, not like a punishment.

💡 Remember, a calm-down corner is a **tool for success**, not punishment. It's a powerful way to teach children emotional regulation skills they will use for a lifetime.

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