

The Calm Corner



What Is a Calm Corner?

A Calm Corner is a quiet, predictable space where children can regulate with the support of a warm, attuned adult. It is not a punishment or a “time-out.” It’s a safe place to breathe, settle, and reconnect with their own body.

Purpose:

- Promote self-regulation skills
- Offer a safe place for big feelings
- Provide tools that support calming
- Encourage co-regulation through presence, modeling, and language

Use it:

- During moments of overwhelm
- When a child needs space to reset
- With an adult offering connection, not isolation
- As part of daily routines, not only during challenges

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Calm Corner Setup Checklist

Environment:

- Soft lighting or a lamp
- A cozy rug or cushion
- Fewer than 5 materials visible
- Calm, neutral colors

Materials:

- One visual schedule for calming steps
- One feelings chart
- 2–3 calming tools (sensory bottle, squish ball, soft toy)
- A small basket for tools
- Optional: headphones, fidgets, book about feelings

Adult Role:

- Sit close
- Speak softly
- Narrate what you see (“Your hands are tight; let’s breathe together.”)
- Stay neutral, steady, and predictable