

Calm CORNER



What is it?

A Calm Corner is a designated space in the classroom, situated away from busy areas, the door and loud activities. It offers a sense of privacy, allowing children to feel separate from the group while they regulate their emotions.

When 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. Explain that it's not a play a zone. It's a safe, calm place to have personal time to help you get back on track.
3. The teacher will check on the child after 5 minutes and see if they are ready to return to the group
4. All children in the class have the right to use the Calm Corner; it is not reserved for children who are often dysregulated.
5. When a child feels the need to use the Calm Corner, they should be able to do so without permission.

What to include:

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

Please note, not all these items should be placed at once. What goes in should be a question of trial and error. We do not want to overwhelm the space. Make changes periodically to keep the area interesting and beneficial for the children.



Calm CORNER



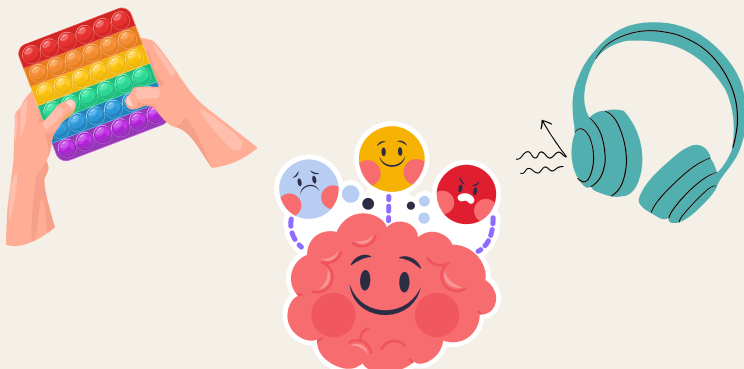
Some different ways to set up a Calm Corner could be:

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.



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. If an item is not used appropriately, it can be removed and reintroduced at a later date.



Benefits:

For the child:

- Provides time and a safe place for them to feel and experience their emotions
- Child can manipulate different tools to help process and manage their emotions, discover what works best for them
- Support within the classroom, easier to reintegrate in group than if they had physically left the room

For the class group:

- When a child is upset and goes to the Calm Corner, the learning environment is preserved
- As different children use the space it models that emotions can be managed with support and the day can continue to unfold – it normalizes and de-dramatizes emotional waves

For the teacher:

- Continues to build the child-teacher relationship
- Demonstrates empathy and understanding towards a child
- Provides a context where emotions are normalized, welcomed and given a safe place to be experienced
- May decrease behaviors that are disruptive to the group
- Enables the teacher to manage the group and then provide individualized attention to the child in the Calm Corner

