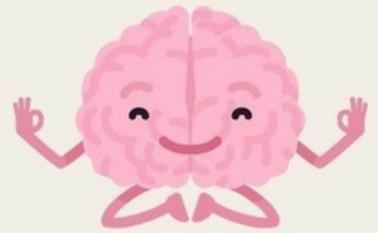


Cozy CORNER



What is it?

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

When introducing the Cozy Corner to the class, it is important to explain its purpose to all the children. Emphasizing that this area is available to anyone who is experiencing strong emotions and may need a brief break from group activities. Moreover, clear guidelines on how to use the Cozy Corner should be explicitly taught and practiced with the whole class.

The rules for the Cozy Corner may be:

- Only one child is allowed in the Cozy Corner at a time.
- Explaining that it's not a play zone. Instead, it is a safe, calm place where the child can have some personal time to help them get back on track.
- The teacher will check on the child after five minutes, and see if they are ready to return to the group.
- All children in the class have the right to use this space. It is not reserved solely for children who often become dysregulated.
- A child should be able to use the Cozy Corner without permission, when they feel the need to do so.

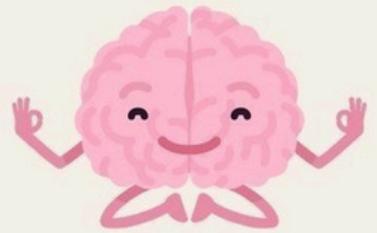
What to include in:

- Fidgets/Sensory tools
- Soft objects or pillows
- A laundry basket for the child to sit in
- Photographs depicting different emotions
- Three or four books
- Noise-reduction earphones
- Calm tracing cards
- One or two breathing exercises

Please note that not all of these items should be added at once. It will be a matter of trial and error to determine what goes in. We do not want to overwhelm the space. Making changes periodically to keep the area interesting and beneficial for the children.



Cozy CORNER



The following options can be used to set up a Cozy Corner:

- Using a tent
- Using a canopy
- Using a laundry basket

You will find some ideas of what a Cozy Corner might look like [HERE](#).



All items in the Cozy Corner need to be introduced to the class, who should also be taught how to use them. Initially, this space should contain just a few items, with more tools being added as necessary. If an item is not used appropriately, it can be removed and reinstated at a later time.

Benefits:

For the child:

- It provides the child with the time and a safe place to feel and experience their emotions
- The child can manipulate different tools to help them process and manage their emotions, in order to discover what works best for them
- Receiving this type of support within the classroom makes it easier for the child to reintegrate the group than if they had physically left the room

For the class group:

- When a child is upset and goes to the Cozy Corner, it preserves the learning environment
- As different children use the space, it shows that emotions can be managed with support, and that the day can continue to unfold as usual. It normalizes and de-dramatizes emotional ups and downs

For the teacher:

- It continues to build the child-teacher relationship
- It demonstrates empathy and understanding towards a child
- It provides a context in which emotions are normalized, welcomed, and given a safe space to be experienced
- It may decrease behaviors that are disruptive to the group
- It enables the teacher to manage the group, and then provide individualized support to the child who is in the Cozy Corner

