

# Tips on creating a Calming Corner

## What is it?

Calming corners can be a useful tool for children to work on their self-regulation skills. Having a calming corner in the classroom promotes inclusivity – as it allows the child to continue to be part of the learning environment while they work on managing their emotions.



Include resources that can help students manage their emotions (e.g. poster on calming strategies)

Choose a safe, comfortable and accessible space for all students in the classroom to use when they need to self-regulate

Include a box of calming tools/toys so students can regulate their own emotions (e.g. stuffed animals, stress ball)

Ensure all students understand how to use the calm down corner and set clear rules

Identified peers can support by checking in or guiding the student to appropriately utilize the calming corner



# The 'Do's' of a Calming Corner

## DO...

Choose a safe and calm location

Introduce the calming corner to the class

Set clear rules on when and how to use the corner

Have sufficient tools and toys that encourage self-regulation

Make it accessible to children of all abilities

Make it as comfortable as possible

