

# Behavior Bytes

## At-Home Calming Corner

**Purpose:** Create a safe space in your home when your child can go if they're upset or showing signs of anger or frustration. Its intended purpose is not to punish bad behavior but to be a safe space for processing emotions.



Ideas and considerations for choosing a corner in your home:

- A designated quiet space allows your child to have a physical activity or practice their regulation skills.
- Should include self-regulating tools
- This space should be a fun, positive, and safe space.



Suggested supplies or items to consider when creating an at-home calming corner:

- Relaxing furniture
- Books
- Visuals that promote regulation
- Fidgets
- Calming music
- Coloring items (paper, pencils, crayons)
- Journaling notebooks
- Art items
- Physical activity (yoga, mindfulness, basketball)
- Calm down jar/Playdough

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Providing visuals that help your child identify how they are feeling and connect with a regulation strategy.

- Books about feelings
- Posters with faces/emojis that identify feelings.
- Art that reflects feelings



Providing furniture is a key factor to a safe space. Other options you could use are as followed:

- Bean Bag Chair
- Rocking Chair
- Rug
- Desk/Table
- Couch, pillows, blanket