

# **TIPS FOR CREATING A CALM DOWN SPOT AT HOME**

## **(FROM COPINGSKILLSFORKIDS.COM)**

### **FIND A SPOT**

Find a spot that is quiet and not too busy. It could be a corner in a room, or it could be an area in their own bedroom. Figure out what's going to work best for you and your family. We use a corner in our downstairs dining room as a calm down spot. We don't use our dining room frequently, but it's still close by to everything on that floor.

### **DELINEATE THE SPOT AND MAKE IT COZY**

Start with creating a way to delineate the space. Here are a few ideas:

- a child's tent
- rod with a curtain
- Hang a hook from the ceiling and attach a canopy.
- lay out a blanket or mat.

Next, focus on making the space cozy. Add some pillows or extra blankets, and a few stuffed animals in there.

### **ADD SOME CALMING TOOLS**

Create a [calm down toolbox](#) for your child to use in times of stress and frustration. Get a box or a basket, and put in items that will calm them. Some common items that help are stress balls, play dough, a book they like, or a toy that they enjoy playing with quietly.

Make [coping skills cue cards](#) so that your child can have a visual reminder of what calms and relaxes them. Include that in the box too.

### **EXPLAIN AND PRACTICE**

Your child will need an explanation of what a calm down spot is and how to use it. Show them where the spot is and explain to them that this is a place they can go when they need a break or need to calm down when they get upset or frustrated.

Let them add in their own specific items like a special blanket or a special stuffy. You want them to feel as cozy and comfortable as possible in this space.

When they are in a calm frame of mind, have them go into the spot and see how it looks and feels. It's always best to practice using these strategies before a crisis arises.

## **CALM REMINDER TO USE IT**

The next time your child is looking like they are getting frustrated or angry, give them a gentle reminder to use the calm down spot. Remind them that it's okay to take a break and come back when they feel ready.

Will it work perfectly every time? Absolutely not! But it will be another [coping skill](#) to add to your child's growing list of things to try to help deal with stress and big feelings.

"You seem frustrated. Why don't you take a break and go to your calm down spot?"

**Remember these are trying times for everybody! We are all doing our best. Maybe even consider making a calm down space for yourself as well.**