

Calming Space

Children sometimes have strong feelings, and that's okay! Create a calming space with your child where they can go when they are upset. Help your child understand it is not a "timeout" place because they are in trouble. Instead, it is a place to stop and think about feelings and actions.

Setting Up A Calming Space

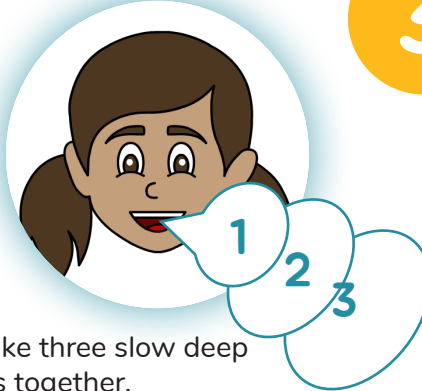
- find a quiet, safe space
- provide soft items, like a pillow or blanket
- include calm materials, like books or stuffed animals

1



I see you're feeling _____. Let's go to the calming space together.

2



Let's take three slow deep breaths together.

3

Would you like to:

- ☐ Draw or color
- ☐ Play with a calm toy
- ☐ Read
- ☐ Listen to music

4



You are doing a great job ____ to calm down!

5

Are you ready to talk about it?

What are you feeling?

I am feeling _____ because...

What are you thinking?

I am thinking _____ because...

What could you do next time?

I think I could...

