



# CALMING ACTIVITIES TO CREATE AT HOME

## A CALM CORNER



What you need: A comfy space with blankets, pillows, comforters, teddies, favourite books, paper and pencils/crayons. It can just be a chair next to a window or even a small den behind a sofa, just somewhere they feel safe.

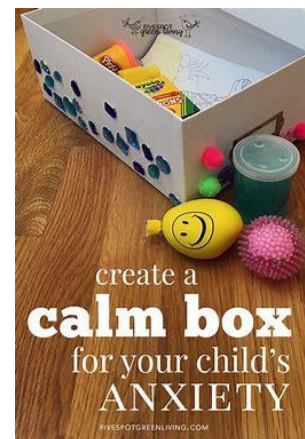
This space is safe and where the children feel comfortable to take themselves off to for some quiet time whenever they are feeling anger, frustration, worry or any other “big emotion”.

## A CALM BOX OR TIN

What you need: your favourite things that help you feel calm.

Ideas to put inside a calm box:

- Puzzle
- Stress ball
- Cuddly toy
- Play dough
- Lego
- Colouring book with pencils or crayons
- Printed yoga poses
- Printed affirmations and positive phrases
- A mindful book to read
- Healthy snacks
- Breathing ball
- Stones or anything collected on a walk



Letting your child create these themselves gives them freedom and independence and this really helps them use the calm box and corner effectively. It is also a great way to start up a conversation about feelings and emotions and what types of objects/spaces in your homes could help your children to feel calmer.