



How to Create a Calm Corner at Home

A Calm Corner is a peaceful space where children can take a break, self-regulate, and reconnect with their emotions, not a punishment.



Soft Seating

Pillows, blankets, bean bag chairs — anything cozy and grounding.



Comfort Objects

Stuffed animals, fidgets, sensory toys, or stress balls.



Creative Expression Tools

Coloring sheets, blank paper, crayons, or journals.



Coping Tools

Breathing cards, glitter jars, calm down bottles, or mindful cards.



Feelings Chart or Emotion Cards

Visual supports to help children name what they're feeling.



Sound Options (Optional)

Soothing music, white noise, or complete quiet.



Tip: Let your child help design the space!

Giving them ownership helps it feel safe, welcoming, and effective.



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