

SELF-CARE NOOK

A SPACE TO TAKE CARE OF YOURSELF



CHOOSE YOUR LOCATION

a sunny spot away from the center of the room

Make a dedicated space for self-care in the classroom. Have everything a child may need there. This of it like the self-care equivalent of a kitchen. Without a kitchen, we'd all be hangry all the time!



GLITTER JAR

make a few with different colors

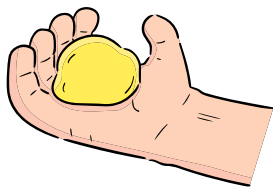
The glitter jar(s) lives here, on the floor or a little foot-stool, small table, box or windowsill. It should be easy to see it when the child is seated.



COMFY SEATING AREA

have a soft area with cushions (washable!)

You're creating a space for a stress child to calm their nervous system and feel safe so you want it to be cozy. A weighted blanket is a possibility (make sure it is washable!)



SENSORY STRESS RELIEVERS

fill a basket with options

Have a set of options like playdoh, stress balls, fidgets and other things the kids can choose from when they need to take a self-care break



DRAWING SUPPLIES

a space for creative expression

Have a pad of paper with crayons, markers and pencils, encourage the child to express their feelings in a picture or just draw or color in a coloring page