

Create Your Own Calm Corner

A Visual Guide for Parents

What is a Calm Corner?



- A calm, safe space for children to regulate emotions
- Not a punishment or "time-out" zone
- Designed to empower self-soothing

When to use a Calm Corner?



- During or after meltdowns
- When overwhelmed by sensory input
- Before transitions or during downtime

Items to consider including



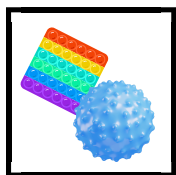
Soft Pillow or Beanbag



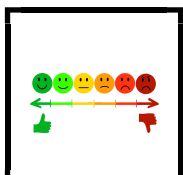
Noise-cancelling Headphones



Visual Timer



Fidget Toy



Feelings Chart



Small Book or Emotion Cards

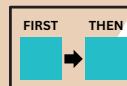
How to Set it up:

1. Choose a quiet, safe space in the home
2. Add items your child finds calming
3. Introduce it during a neutral moment
4. Use gentle language like "Let's take a calm break"

Teaching your Child to use it:



Use visuals (First/Then or emotion cards)



Model using the space yourself



Reinforce with praise: "I love how you used your calm corner!"





Why Calm Corners Work



Based on principles of behavioral science and emotional development

Regulation Before Reason

Some Children can't process instructions, lessons, or even comfort when they're dysregulated. Calm corners give them space to calm down first, so they're actually ready to listen and learn.

Safe Spaces Build Trust

When calm corners are used to support a child instead of punish them, they can begin to feel safer and more secure in their environment.

Teaches Independence

Over time, the child can begin to recognize when they need a break. Calm corners help them take that break before emotions get too big to handle.

Prevention is Powerful

Calm corners can help prevent meltdowns, aggression, and shutdowns, because they address the root of the behavior: dysregulation.

Grounded in ABA & SEL

Using a calm corner can support skills like:

- Requesting a break
- Labeling emotions
- Using visuals to self-regulate
- Transitioning back to tasks calmly



Did You Know?

Teaching calm-down strategies is one of the most evidence-based ways to improve behavior at home and in school.



DISCLAIMER

The content provided in this resource is for educational and informational purposes only. It is not intended to replace individualized clinical services, diagnosis, or professional behavioral consultation. The strategies, visuals, and tools included are general in nature and may not be suitable for every child or situation.

By using this resource, you acknowledge and agree that:

- It is your responsibility to determine if the content is appropriate for your specific needs.
- Implementation of strategies should be adapted to fit the developmental level and learning profile of the child.
- This resource does not constitute a therapeutic relationship with Consulting with Science, LLC or any of its representatives.

While grounded in evidence-based behavioral practices, these materials are not a substitute for individualized support provided by a qualified professional.

For questions, guidance on implementation, or additional support, you are encouraged to schedule a consultation.

© 2025 Consulting with Science, LLC. All rights reserved. This material is provided for personal and non-commercial use only. Redistribution, modification, or republication without written permission is strictly prohibited.

To schedule a consultation or request permission to use these materials, please contact:

✉ nicole@consultingwithscience.com

🌐 www.consultingwithscience.com



CONSULTING WITH SCIENCE
Navigating Behaviors. Empowering Families.