

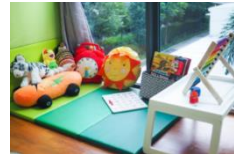
## How to create a 'calm place' for your child

A 'calm place' represents an area where your child can go to help regulate their emotions. It is a place your child can feel calm, safe, cosy and where their feelings are validated.

Find a spot in your house that is quiet and not too busy. This could be a corner in a room or an area in your child's bedroom.

Here are a few ideas of things you can use to create your child's calm space:

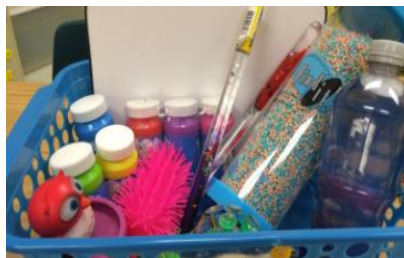
- A child's tent
- Attach a canopy
- Lay out a blanket or a mat



Next, focus on making the space cosy! Add some cushions, pillows or extra blankets and some soft toys.

When you have created the space, it's good to have a calm place basket or box. This has lots of things to help your child regulate their emotions. The basket/box could include:

- Paper/colouring pencils/mindfulness colouring sheets
- Bubble wrap to pop
- Squidgy ball/fidget cube
- Feathers
- Bubbles to blow
- Favourite cuddly toy
- Paper for ripping
- Lego bricks
- Playdough/pot of slime
- Puzzles
- Dot to Dot
- A way to listen to music
- Books



Your child will need some support with understanding when to use their calm place to start with. Useful phrases you might use to encourage this would be:

*"I am wondering if you are feeling; sad, angry, scared, worried" etc.... "Do you need to take a break and go to your calm place?"*

Name and validate the feeling, so your child can start to recognise the feelings/emotions they are experiencing.

