

## Get ahead of potential meltdowns with a calm-down corner

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Break room, zen zone, quiet spot, your bedroom closet where the Easter candy is hidden (speaking for a friend...), whatever you call it, a calm down corner is simply a space dedicated to relaxing, calming down and regulation.

It's important for kids (and for all of us) to have something like this – especially when everyone is home all day long in close proximity. The space can be mobile (ex. a specific blanket and a couple calming toys that can go wherever they need to go) to something a bit more established like a tent in the corner of your child's room.

The calm down corner can be used at various times. However, its main goal is to help avoid having your child's emotions escalate into a full-blown meltdown or tantrum, so try encouraging your child to take a break at the very beginning of becoming upset.

If your child has already reached that point, it might be a good idea to remove any destructible objects from the corner or help your child calm down slightly before having them complete the process in their space. It is also a good idea to have your child first become familiar with the space when they're already calm so as to know how to interact with all the objects prior to when emotions take over.



Take a look at the following suggestions to get an idea of what you think your child might respond well to and then play around with setting something up!

- Pop up tent or blanket for an instant calm down corner
- Sensory bottles (DIY with a water bottle filled with water, oil, food coloring, and glitter. Super glue the lid on and think about adding some tape on top of it if necessary)
  - Weighted objects (blanket, lap pad, stuffed animal, tube sock filled with rice or beans, etc.)
  - A source of calming music, white noise, or guided meditations for older kids
  - Soft blanket sprayed with familiar and calming scent
- Putty (for children who will not put it in their mouths)
- Something to chew on if biting/chewing helps calm your child (chewy food, teething toys, chewelry)
- Calming visual input (starry night projector, liquid motion bubbler toy, bubbles)

\*\*All children activities should occur under parental supervision.