

# DIY Calming Corner

## — Starter Kit —

Create a cozy space for calming & self-regulation.



### ♥ Choose the Space

- Quiet, cozy corner
- Soft rug or bean bag

### ♥ Soft Lighting

- Fairy lights, lamps, or LED candles

### ♥ Sensory Tools

- Fidget toys
- Weighted lap pad
- Soft tactile items



## Breathing & Mindfulness

### ♥ Breathing & Mindfulness

- Breathing Cards



Blow out  
the Candle

### ♥ Emotion Regulation

- Feelings Chart
- Coping Cards
- Feelings Journal



## Calming Visuals & Sounds

### Calming Visuals

- Nature Posters
- Lava Lamp
- Glitter Jar



### Auditory Supports

- Headphones
- Calm Music
- Nature Sounds



## Tips for Your Calming Corner!

- ♥ Visit when feeling big emotions
- ♥ Let your child personalize it
- ♥ Rotate items regularly!



### ♥ Personal Comfort Items

- Favorite Stuffed Animal



- Special Little Treasures