

Calming Corners

What is a calming corner?

A calming corner also known as a calm-down corner is a designated area where an individual can go to help self-regulate their emotions and when they need a break from the environment around them. A Calm Corner is a safe space in a classroom that allows students to self-regulate using a variety of tools

(American Library Association Journals 2021)

Why are calming corners important?

These areas are important because they create a safe and comfortable space for the individual. Calming Corners are extremely helpful for individuals who experience stress, anxiety, or on the verge of an emotional breakdown.

How can you create a calming corner?

Calming Corners are often in a quiet area and is free from distractions. They include soft furniture items such as a bean bag, pillow cushions, and blankets. It also includes sensory items such as calming bottles, stress balls, fidget toys to help an individual focus and regulate their emotions. Calming corners can also include headphones for an individual to listen to a sound machine, quiet songs, or could even put the headphones to cancel sound. Some calming corners have visual aids like a feeling chart or breathing exercises to help the individual to identify and manage their emotions.



Our calming corner includes a few things in order for the child to not experience a sensory overload.

We have a shaker, a sensory jar, a pop it, a pillow that allows the child to change the sequence, and a musical instrument.



Occupational therapists focus on the fact that all people have the right to participate in meaningful activities. For children, this means playing, learning, creating, socializing, and growing. When anxiety disrupts a child's ability to engage in these activities, occupational therapists can help by: identifying and addressing environmental, sensory, and task-related stressors, building regulation and coping skills through play and daily routines, supporting a sense of safety, predictability, and control and empowering children with tools to understand and advocate for their needs. When a child is having anxiety or undergoing emotional distress, the OT teaches the child calming techniques and provides a calming corner for the child.



Click the link for more information on calming corners:<https://youtu.be/wISjj2joPr8>



References:

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