

How to Create the Perfect Comfort Corner

Location

Find a location that is easily accessible for your child. Think about whether your child needs more room to move or prefers to be in a small space. Based on your child's needs, determine the best spot for them and your family.

Reducing Visual Stimuli

Tent
Bed Canopy or Mosquito Net
Under a Table or Desk
Blankets

Flexible Seating Options

Bean Bag/Floor Cushions
Rocking Chair/Swivel Chair
Swing or Hammock
Exercise Ball

Visuals

Determine which visual tools are helpful for your child and hang them up at eye level for them. Some children prefer fewer visuals in their space because it can be overstimulating. Ask your child which visuals are helpful for them.

Visual Support Options

Simple steps for a calming routine
Picture of emotions to help your child recognize their feelings
Pictures of calming practices
Calming books

Tools

There are many tools that can support a child when taking care of big feelings. All children are different—test out what works best for your child.

Breathing Tools

Pinwheels
Bubbles
Party Blowouts
Expanding Breathing Ball

Brain Breaks

Books
Drawing Pads
Coloring/Activity Books
Puzzles
Sorting Activities

Movement Breaks

Exercise Ball
Trampoline
Wall Push
Carry a "Heavy" Box
Therabands
Jumping Jacks

Sensory Tools

Creating a comforting space with supportive tools can help a child calm down when they experience big emotions.

Taste

Chewies
Gum
Snacks With Different Textures
Chewable Jewelry
Water Bottle With Bite Valve

Smell

Scented Putty
Calming Essential Oils
Scratch and Sniff Stickers
Scented Markers

Sight

Kaleidoscope
Sensory Jar
Snow Globe
Desktop Fountain
Liquid/Sand Timer
I Spy Bottle
Lava Lamp
Fiber Optic Light

Sound

Noise-Canceling Headphones
Music/Audiobook Player
Sound Machine
Chimes
Rain Stick
Mindfulness Ball

Touch

Cuddly Creature
Fidget Toy
Putty or Modeling Clay
Stress Ball
Spheres
Mermaid Sequins
Hide and Seek Treasures in Putty

Parent Tip

Try a variety of tools with your child. You won't need all of them, but test to see if your child notices a good fit and if the tools help them take care of their big feelings.

Teacher Tip

Provide a variety of tools to support the needs of all students. Let students test out the tools ahead of time so they can determine what will help them take care of their big feelings. For students who use this space often, put up a specific plan to meet their needs and to provide them with a safe and consistent routine to follow.