

HOW TO CREATE THE PERFECT COMFORT CORNER

LOCATION

Find a location that is easily accessible for your child. Think about whether your child needs a lot of space to move, or prefers to be in a small space. Some little ones benefit from having less visuals in their space. Based on your child's needs, determine a spot that is best 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
 - Hammock
 - Exercise ball
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VISUALS

Have visuals that will help your child remember a comfort routine. When children are upset, it is difficult for them to remember directions. Having visuals helps remind them of their calming routine.

VISUAL SUPPORT OPTIONS

- Simple steps for calming routine
 - Picture of emotions to help your child connect to their feelings
 - Pictures of calm down choices they can practice
 - Calming books
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TOOLS

There are many tools to comfort a child. All children are different, test out what works best for your little one.

BREATHING TOOLS

- Pinwheels
- Bubbles
- Party Blowouts
- Hoberman Sphere
(breath in -expand
breath out- push in)

BRAIN BREAKS

- Books
- Drawing pads
- Coloring books
- Activity books
- Puzzles
- Sorting activities

MOVEMENT BREAKS

- Exercise ball
- Trampoline
- Wall push
- Carry a "heavy" box
- Therabands
- Jumping jacks

SENSORY TOOLS FOR YOUR COMFORT CORNER

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

Creating a comforting space with a variety of tools can help a child calm down when their emotions get too big.

SIGHT

- Kaleidoscope
- Sensory jars
- Snow globe
- Desk fountain
- Liquid/Sand timers
- I Spy bottle
- Lava lamp
- LED fiber optic light

SOUND

- Noise canceling headphones
- Music/audio book player
- Sounds machine
- Chimes
- Rain sticks
- Mindfulness bell

TOUCH

- Cuddly Creature
- Fidget
- Putty or Play-Doh
- Stress ball
- Spheres
- Mermaid sequin
- Hide and seek treasures in putty

PARENT TIP:

Try a variety of tools with your little one. You definitely won't need all, but test them out to see what is a perfect fit for your child.

TEACHER TIP:

Have a variety of tools to meet the needs of all students. For kids who use this space often, set up a specific calm down routine.