

Calm down spaces

What is a calm down space?

A calm, relaxing, quiet, and welcoming space for a child to retreat to when they are feeling overwhelmed, frustrated, or distressed. They should *want* to go there.

What is the aim of a calm down space?

A calm down space helps children to develop their self-regulation skills, learn emotional skills and manage their behaviour. It also children to learn how to take responsibility for managing their own emotions. The child may need prompting to begin with, but the ultimate goal is for them to seek out and use the calm down space when they notice themselves becoming overwhelmed, or losing focus. The aim is for the children to use the space before an adult needs to intervene and help them out.

The calm down space can be used by everyone.

What to include in a calm down space

Include items that will engage all the senses: sight, touch, hearing, taste and smell. They should be items that help calm down the child's body and mind. Activities that help to focus the child's attention. Items may need changing if they don't work.

Here are some ideas:

- Cushions, velvet, plush or sequins
- Colouring books and pencils
- Fidget spinners
- Emotion stones
- Bubbles
- Rubick's cube
- Scented playdough (Lavender is calming)
- Small chalkboard with chalk



Parent Partnership

– Try this at home:

Provide an area at home where he / she can go to independently when they feel they need to.

Provide a basket of resources these can be rotated and changed.



Links to EYFS: C&L, PD, PSED.

Links to SEND Code of Practice: C&I, SEMH, C&L, P&S