

# Create a Calm Space

## Creating a Calm Space

Having a calm, safe space within the house is key when we cannot get out very much. If possible, every member of the house should have a quiet corner they can go to for some alone time without being disturbed. Fill this space with things that make you calm e.g. Cushions, fairy lights, jigsaws, books, colouring pencils etc. A 'reading den' is a great idea to promote reading for little ones too.



## ACTIVITY IDEA: Create a Calm Box

*Suitable for all ages*

**Step 1: Think** of things that make you feel calm.

**Step 2: Decorate** an old shoe box as creatively as you like!

**Step 3: Fill your box** with your calm things. You could even create an 'I need my calm box' agreement within the house when you need to take 5 minutes.

Take a look at our additional sheets for ideas of what you could include!



# CALM DOWN BOX IDEAS

What will you put in your calm down box?

- Stress ball
- Teddy
- Colouring book
- Pencils/Pens
- Game
- Photos of somewhere calm
- Skipping rope
- A ball
- Fidget spinner
- Puzzles

My ideas

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