

CALMING SPACES

What Are Calming Spaces?

Calming Spaces are a designated space in the home and/or school that your child can go to when they are starting to feel overwhelmed, frustrated, or could just use some quiet time.

Tips for Calming Spaces

- Calming spaces are not intended as a punishment space (E.g. not used for “time-outs”).
- Reduce distractions & clutter in the space.
- May include some calming activities. These activities would depend on the child, but might include:
 - Colouring books or art supplies
 - Calming music
 - Glitter sensory bottles
 - Gum to chew
 - Fidget toys
- It is helpful to let the child help create the calming space with things they like.
- Clear boundaries for the calming space. Generally the calming space should only be used by 1 person at a time. Have an adult check-in, especially as the child is learning to use this space as a positive tool.

Out of the House

Sometimes when you are out in the community, your child’s calming space may not be readily available. In these circumstances, you might need to let the child take a break in a quieter area available, such as the family room at a mall, in a bathroom stall, or the back seat of a car. You may want to have one of your child’s preferred calming activities with you to use in this space.

Ideas for Items in a Calming Space



Soft Pillows & Blankets



Bean Bag Chair



Water Bottle



Play-Doh



Sensory Glitter Bottles



Colouring Activities or
Art supplies



Noise Cancelling
Headphones



Chewing Gum



Fidget Tools



Books



Calming Music

EXAMPLES OF CALMING SPACES

