

STEP-BY-STEP GUIDE

to Creating a Calm Down Corner

1

Clarify the Purpose

What is your family's "why" for creating a calm down corner?

2

Choose the Location

Choose a quiet area in your home with natural light to set up your space.

3

Gather Supplies

Consider seating, lighting, and organization when choosing supplies.

4

Add Sensory Tools

Select calming sensory tools that regulate but do not overstimulate your family.

5

Set Expectations

Be clear on the expectations when using the space from the beginning.



THANK YOU!

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