

FAMILY RESOURCE

The Calm Spot



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Summary: All children and adults need a space, a place where they can be quiet and calm. These spaces help children handle their feelings, reduce stress level, problem solve, think, and possibly create. You can create simple “quiet spaces” using items in your home (blankets, pillows, etc.). [Yogapeutics](#) provides several ideas for creating such a space. It is important to encourage your children to take the lead and/or participate in helping to create this space because it will not only help them be interested in the space but also have ownership of the process. If you live in a house with a lot of people, meaning that you don’t have a great deal of extra space, then you might use a closet, a quiet corner, or even consider making a fort out of a table or chair.

Questions: Some questions you might want to ask your child.

- Are there smells that make you feel good (lotions, aromatherapy, spices, etc.)?
- Are there things you can touch that calm you down (a soft blanket or pillow)?
- Are their toys that calm you down (fidget spinner, playdough, etc.)?

Age(s): 3-Adult

Tags:

Health and Wellness

Social-Emotional Learning

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