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My Little Calm Corner

A gentle guide to creating calm, comfort and sensory-friendly spaces for little ones.



What is a Calm Corner?

A calm corner is a quiet, comfortable space where children can pause, feel safe and look after their emotions.

- A safe and welcoming space
- Somewhere to take a break
- Opportunities for sensory exploration
- A place to relax and recharge

Supporting children's wellbeing helps them feel calmer, happier and ready to learn.



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My Calm Corner Check-In

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What would help me feel comfortable right now?

☐ **I would like...**



☐ **I would rather not...**



Something else...



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Let's Build My Calm Corner!

Choose the things you would like in your calm corner.
Tick the boxes and then design your own space!





- [ ] Soft cushions



- [ ] Blankets



- [ ] Sensory bottles



- [ ] Soft toys



- [ ] Books



- [ ] Fidget toys



- [ ] Ear defenders



- [ ] Soft lighting

What would you like in your calm corner?

Design your calm corner here!

There are no right or wrong answers – it's your calm corner! 🩶

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Sensory Exploration

Explore, play, notice and enjoy the world in your own way.

You never have to join in.

Everyone likes different things.



TOUCH:

Explore different textures.



- Feel soft, rough, smooth or bumpy objects.
- Try fabric, natural materials or textured toys.
- Notice how they feel in your hands.

SIGHT:

Discover colours and gentle visual objects.



- Look at colourful objects around you.
- Try a light, a sensory bottle or a scarf.
- Notice what you like to look at.

SOUND:

Explore sounds or enjoy quiet.



- Listen to different sounds like a shaker, bell or music.
- Try making your own sounds.
- Or enjoy some quiet time and notice the calm.

MOVEMENT:

Try gentle movement or stretching.



- Stretch your arms or reach up high.
- Try a gentle wiggle, roll or dance.
- Move in a way that feels good for you.

COMFORT:

Discover what helps you feel comfortable.



- Find a cosy cushion or blanket.
- Use a favourite toy or comfort item.
- Create a calm space that feels safe for you.

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Calming Activity Stations

Small activities for big feelings. Take a breath, slow down, and choose what helps you feel calm.

Bubble breathing

Slowly breathe in and imagine blowing bubbles.



Star tracing

Trace the outline of a star slowly with your finger.



Teddy hugs

Hold or cuddle a teddy if this feels comforting.



Quiet book time

Explore a favourite picture book.



You are doing a great job 🤍

How am I feeling today?

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Circle, point to or mark a feeling.



Happy



Sad



Worried



Frustrated



Tired



Calm

Would you like some quiet time, a sensory activity or someone to sit with you?



Quiet time



A sensory activity



Someone to sit with you?

It's OK to feel all your feelings ♥

My Calm Choices

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Sometimes I need different things to feel calm. I can choose what helps me.



- [ ] A quiet space



- [ ] My favourite toy



- [ ] Soft textures



- [ ] Movement



- [ ] Listening to music



- [ ] No music



- [ ] A familiar adult nearby



- [ ] Time on my own



- [ ] A favourite book



- [ ] A sensory activity

Something else that helps me...

My Calm-Down Toolkit

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I can choose what helps me feel calm, safe and happy.

Small
Tools
Big
Feelings

Something soft

Something I enjoy looking at

Something I like holding

Something that makes me feel comfortable

My favourite calming activity

You are
braver
calmer
kinder
than you know

Breathe

Be Kind

You Got This

Guidance for Nursery Practitioners

Small changes can make a big difference.



Observe and understand each child's individual sensory preferences.



Offer the calm corner as a choice, never as punishment.



Never force calming techniques.



Allow different ways to communicate needs.



Keep the environment predictable and comfortable.



Respect when a child prefers space or quiet.



Remember that some sensory objects may feel overwhelming.



Remember:

Every child is different.
There is no one-size-fits-all approach.



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Practitioner Reflection

Take a moment to reflect on your calm corner. Small changes can make a big difference.



Does our calm corner feel welcoming?

What sensory resources do we currently offer?

How do we recognise when a child needs a break?

Are children free to choose when they use the space?

What could we improve?

Every child deserves a space where they feel safe, understood and supported.