

# CALMING CORNER

Follow these steps to provide a predictable and successful way to reset!

## Space



Find a relaxing space, free from noise and distractions, where the child can go to calm down and reset.

## Resources



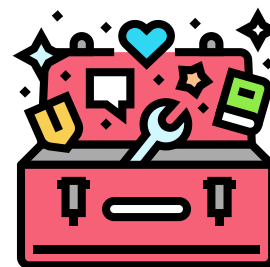
Provide resources and visuals that can help the child reset. Consider the five senses and personal preferences.

## Practice



Practice and model the appropriate way to use the space when the child is calm.

## Portable



Make a portable version so the child can have access to calming strategies on the go!