

Calm-Down Corner Checklist

Quick-start guide for setting up a space that actually works

Location & Environment

- ☐ Quiet, low-traffic area
- ☐ Soft lighting (lamp, fairy lights, or dimmer)
- ☐ Calming colors (muted or neutral tones)
- ☐ Visual boundary (rug, curtain, or divider)

Seating & Comfort

- ☐ Small chair, bean bag, or floor cushion
- ☐ Weighted lap pad or stuffed animal
- ☐ Cozy blanket or body sock (optional)

Sensory Tools (Choose 3 - 5 to start)

- ☐ Fidgets (spinners, cubes, squishies)
- ☐ Visuals (lava lamp, glitter jar, bubble lamp)
- ☐ Auditory (noise-canceling headphones, sound machine)
- ☐ Proprioceptive (small weighted item, stress ball)
- ☐ Oral (chewelry, safe chew tool)

Calming Supports

- ☐ Visual choice board or "calm menu"
- ☐ Breathing cards or visual cues
- ☐ Timer (helps signal when break ends)

Safety & Rules

- ☐ Age-appropriate, no small choking hazards
- ☐ Sturdy, non-tip furniture
- ☐ Clear "this is a safe space" rule (no punishment use)
- ☐ Supervised when needed

Bonus tip: Start small. Even 3-4 well-chosen items can make a powerful calm-down corner.



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