

# Calm Down Corner Home Setup Checklist

A printable checklist for creating a calm, supportive space at home.

Use this checklist to set up a calm-down corner that feels safe, simple, and easy to use. Focus on comfort, predictability, and a few supports that your child will actually use.

## Choose the space

- Pick a quiet spot away from the busiest part of the house.
- Use a corner, small nook, shelf edge, or wall space to create a clear boundary.
- Make sure an adult can still supervise easily.
- Keep the space for calming and resetting, not punishment.

## Teach how to use it

- Show your child the space when they are already calm.
- Practice what to do: go there, pick a support, take a break, then return.
- Use short, clear language and model the routine more than once.
- Keep expectations simple so the corner feels easy to use independently.

## Add the basics

- Include one comfortable place to sit, lean, or curl up.
- Keep lighting soft and avoid harsh glare when possible.
- Use a small bin, basket, or shelf so the space stays tidy.
- Limit the number of items so the area does not become overstimulating.

## Set clear expectations

- Make sure everyone knows this is a support space, not a consequence space.
- Decide how your child will ask for or be prompted to use the corner.
- Keep visits brief and flexible instead of turning the space into a timeout timer.
- Remove anything unsafe, breakable, or too distracting for your child.

## Add calming supports

- Offer one or two fidgets or tactile tools.
- Add a visual support such as a poster, feelings chart, or simple choices page.
- Include one breathing, counting, or pause-and-reset prompt.
- Consider headphones, a stuffed item, lap pad, or other familiar comfort support if helpful.

## Check what actually works

- Notice which supports your child chooses on their own.
- Remove items that become toys, clutter, or a source of frustration.
- Adjust by age, sensory needs, and available space.
- Update the corner as routines and needs change.

**Helpful reminder:** A calm-down corner works best when it is introduced during calm moments and used as a support, not as a punishment.