



Creating a calm cove in the home can be beneficial for families. A calm cove is a dedicated space for children to build their mental fitness and manage their reactions to big emotions. This space allows children to calm down and refocus within the home environment, and provides an opportunity to teach children valuable emotional adaptability strategies that they can use at home and in other environments. Access to a private space to process emotions builds confidence and independence for navigating difficult situations. Having a calm corner helps build mental fitness by promoting mindfulness and resilience, enabling children to handle stress more effectively and develop healthy help-seeking behaviours.

Encourage children to use the calm cove as needed to help them build their emotional muscles and self-regulation skills.



Follow the steps to effectively incorporate a calm cove at home.

Choose a Location: Find a quiet, comfortable spot where your child can go to relax. This could be a corner of a room, a small nook, or even a cosy spot in their bedroom.

Set Up Comfortable Seating: Add a soft chair, bean bag, or cushioned mat where your child can sit comfortably.

Include a Calm Kit: Place items in the space that help your children feel calm, such as:

- Stress balls or fidget toys.
- Sensory bottles filled with glitter, water, and other items that can be shaken and watched as they settle.
- Cards with instructions for deep breathing or mindfulness exercises.
- Soft blanket or small pillow, plush toy or stress reliever.
- Colouring books and markers.
- Activities like word searches, mazes, or simple puzzles.
- A favourite storybook or picture book.
- Positive affirmation cards with encouraging messages.
- Small notebook and pen or journal to write down their feelings, draw, or jot down positive thoughts.
- An essential oil roller or calming scents such as lavender

Create a Relaxing Atmosphere: Use soft lighting or a small lamp. Consider adding a white noise machine or playing gentle music to create a soothing environment. You could include a small music player with headphones loaded with calming music or nature sounds.

Establish Ground Rules: Explain to your child when and how to use the calm cove. Make sure they understand it's a space for calming down, not for play.

Personalise the Space: Let your child help decorate the area with their favourite colours, drawings, or decorations to make it feel like their own special spot.

Let's build our mental fitness together

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