

Calm-Down Cozy Corner Planning Checklist

by Tina Pineiro

Use this checklist to design a calm, inclusive, and emotionally supportive space in your learning space.

1. Materials List

- Soft rug or mat
- Beanbag or cozy chair
- Calm-down jars or glitter bottles
- Visual emotion cards
- Breathing ball or pinwheel
- Noise-reducing headphones
- Weighted lap pad
- Books about feelings
- Timer or hourglass
- Basket or shelf to organize tools

2. Space Layout Sketch

Sketch your cozy corner layout. Consider visibility, accessibility, and soothing colors.

Guiding Questions:

- Is the space away from high-traffic areas?
- Can a child see an adult easily while using the space?
- Are sensory tools stored neatly within reach?

3. Daily Emotional Regulation Tips

- Begin each day with a calm breathing activity.
- Model calm-down strategies during transitions.
- Invite children to practice using the corner before they're upset.
- Reflect as a group on how the space helped today.
- Rotate books or visuals to keep the area engaging.