Calming Space

Children sometimes have strong feelings, and that’s okay! Create a calming space with your child where they can go when they are upset. Help your child understand it is not a “timeout” place because they are in trouble. Instead, it is a place to stop and think about feelings and actions.

1. I see you’re feeling _____. Let’s go to the calming space together.
2. Let’s take three slow deep breaths together.
3. Would you like to:
   - Draw or color
   - Play with a calm toy
   - Read
   - Listen to music
4. You are doing a great job ____ to calm down!
5. Are you ready to talk about it?

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