



## Creating a Calming Corner at Home: Nurturing Emotional Well-being

In the Montessori approach, the development of the "whole child" has always been a central focus. Dr. Maria Montessori emphasized that true education involves more than just academic learning; it must also nurture emotional, social, and physical growth. As she famously said, "If help and salvation are to come, they can only come from the children, for the children are the makers of man." In challenging times, fostering emotional well-being in children is more important than ever. One effective way to do this is by creating a *calming corner* or a *peace area* at home, where your child can take time to process emotions and practice self-regulation.

Unlike traditional "time-out" methods, the Montessori approach advocates for *time-in*, where children are given the space and tools to calm down and self-soothe, without the feelings of punishment or isolation. This practice not only helps children manage stress, but also builds emotional intelligence, self-awareness, and resilience.

### **How to Create a Calming Corner at Home**

A calming corner is a dedicated space where your child can retreat to when they are feeling overwhelmed or upset. This space should be filled with tools and activities that support self-regulation, relaxation, and reflection. Below are some suggestions for creating your own calming corner, which can be tailored to your child's needs and interests.

#### **Step 1: Choose the Right Space**

Pick a quiet, cozy spot in your home where your child can retreat when they need a break. Ideally, this space should be calming and free from distractions, with soft lighting, pillows, or a comfy chair. It should feel like a special, safe place where your child can feel at ease.

#### **Step 2: Assemble a Calming Basket**

Fill a basket or shelf with items that will help your child self-regulate and calm down when they are feeling stressed, anxious, or frustrated. These tools should be calming and engaging, offering different types of sensory experiences (visual, tactile, auditory) to help soothe the child. The key is to provide a range of options so your child can choose what works best for them in the moment.

Here are some items to consider including in your calming basket:

- **Clay or Silly Putty:** A great sensory tool that helps children focus and relieve tension. Sparkly or glittery putty can be especially engaging.

- **Finger Labyrinth:** This simple yet effective tool promotes relaxation and mindfulness as children trace the maze with their fingers.
- **Emotion Cards:** Cards that help children identify and express their emotions can be helpful when they're struggling to name what they're feeling.
- **Stress Ball:** A tactile tool for squeezing and releasing tension. You can even make your own by filling two balloons with sand or rice!
- **Art Supplies:** Crayons, markers, and stickers allow children to express themselves creatively and channel their emotions through art.
- **Large Seashell:** A beautiful item that invites your child to listen to the sound of the ocean, promoting deep breathing and calm.
- **Sand Timer or Glitter Jar:** These visual tools help children practice patience and focus while watching the sand or glitter settle.
- **Wordless Picture Book:** Books like Wave by Suzy Lee help children process emotions without relying on words. They can explore the pictures and create their own stories.
- **Yoga Cards:** Simple yoga poses can be a fun way for children to release physical tension and practice mindfulness.
- **Aromatherapy Spray:** A small spray bottle with a few drops of calming essential oils (like lavender) and water can help create a relaxing atmosphere. Always make sure the oils are safe for children.
- **Water Bottle or Special Cup:** Drinking water can have natural calming effects and encourage children to take a moment to themselves.
- **Music Box or Rain Stick:** Gentle, soothing sounds can help children relax and refocus.
- **Stuffed Animal:** A soft, comforting object for children to hug when they need reassurance or emotional support.
- **Crinkly Foil:** A fun sensory experience that children can manipulate to help them refocus and calm down.

### Step 3: Introduce the Items

When your child is calm, introduce each item in the calming basket one by one. Explain what each item is for and how it can help when they are feeling upset or overwhelmed. This is important because children will learn how to use the tools in moments of need when they are already calm and receptive. You can also model using the items yourself so that your child understands how to use them.

### Step 4: Use the Calming Corner When Needed

When your child is feeling frustrated or anxious, gently guide them to their calming corner and remind them of the tools available. Encourage them to choose an activity from their basket, but don't force them to engage with anything if they're not interested. Sometimes, simply sitting quietly or taking a few deep breaths in the space is enough to help them regain composure.

One powerful strategy is to model the use of calming tools without directly instructing your child. For example, if you start using a stress ball or take a deep breath, your child may naturally follow suit. The key is to create an environment where your child feels empowered to choose their own path to calming down.

## Step 5: Reinforce Positive Self-Regulation

Over time, as your child begins to use the calming corner independently, reinforce their efforts by acknowledging how well they are taking care of themselves. You might say, “I noticed you used your glitter jar when you were feeling upset—that’s a great way to calm down!” Reinforcing self-regulation builds confidence and independence, and helps children recognize the value of taking care of their emotional health.

## Additional Ideas for Building Emotional Resilience

- **Mindful Breathing:** Teach your child simple breathing exercises, like “smell the flower, blow out the candle,” which can help them reset when emotions start to rise.
- **Quiet Time Activities:** Set aside regular moments in the day for quiet activities like drawing, reading, or simply sitting with a stuffed animal.
- **Emotional Check-ins:** Ask your child how they’re feeling throughout the day. Use an emotion chart to help them identify their feelings and encourage them to express themselves verbally.
- **Model Self-Care:** Children learn by example. Practice your own emotional regulation techniques (deep breathing, taking breaks, etc.), and share them with your child.

## In Conclusion

A calming corner is more than just a place for children to go when they are upset. It’s a space where they can learn to recognize their feelings, regulate their emotions, and develop healthy coping strategies. By providing your child with the tools to manage their emotions and encouraging them to use them, you are helping to nurture their emotional intelligence and resilience—skills that will serve them for a lifetime.