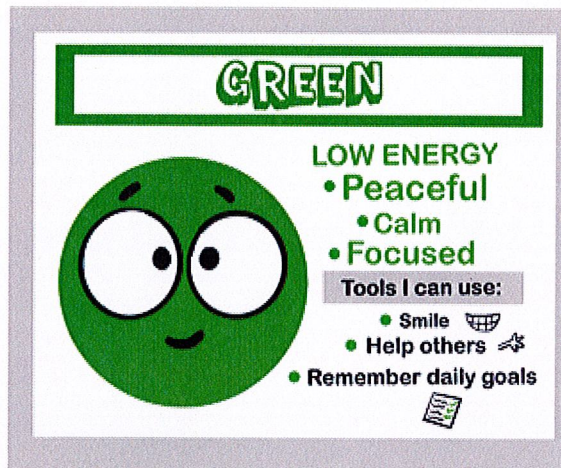


PEACEFUL/CALM

Children do not experience outbursts because they WANT to. They do it because they lack the tools necessary to self-regulate. Finding your Peaceful Spot when a BIG EMOTION shows up, is critical in getting back on track and being ready to learn.



Peaceful SPOT vs Time out

We aren't born with the skills on how to regulate our emotions. Learning how takes time and effort. Time outs do not provide the skills to self-regulate and BIG EMOTIONS often can linger long after time out is over. A Peaceful SPOT or Calming Corner provides a place for the child to calm themselves down. Children aren't able to "think about what they have done" until they are teenagers, so this helps them learn how to regulate their emotions instead.

Dedicate a comfortable and quiet place for a Peaceful SPOT. Include things like coloring books, sensory toys, and a few stuffed animals. Explain to your child how this spot is a place to go when their emotions are TOO BIG. Discuss ways they can calm themselves down. Once they are calm, they can return to the group or activity.

Try This:

What emotion were you feeling?

This helps them identify how they are feeling.

What calming strategies can you use, the next time?

This shows them what to do when a BIG EMOTION shows up again.

When you are calm, you can return to the activity.

This gives them the ability to identify in themselves when they are calm.