



Creating a Calm Corner

Create a calm quiet corner in your house where your child can go to relax. This can be small space in a bedroom, playroom or spare room.

You could make it like a den or you may like to decorate a low table with objects that are inspiring and calming.

Collect cushions, beanbags or a small rug to create a cosy snug.

Add positive photos or images of outdoor spaces or pictures of nature scenes.

Use affirmation cards such as the Relax Kids Mood Cards or Star Cards.

Play music with instrumental music or Relax Kids MP3s.

Use an aromatherapy diffuser or spray lavender or mandarin oil into the air to create a feeling of serenity and calm. Use a clean spray bottle and put a drop of lavender/mandarin oil in water. Make sure you change the water regularly.

A collection of small comfort cuddlies or special things like crystals, candles, shells, flowers or talisman.