

Calming Corner Visual Kit

Manual for Autism & ADHD Children

A Calming Corner is a special place at home where a child with special needs can spend time when they are not in a good mood. Sometimes they need a quiet space or a specific place to feel better. Setting up a calming corner at home is always a good idea because it gives the child a safe, predictable spot to relax and self-regulate

1. How to Set Up Your Calming Corner

- Pick a quiet spot (corner of bedroom, classroom, or living room).
- Add soft things: bean bags, pillows, blanket, rug.
- Keep lights low and sounds gentle.
- Hang the Visual Kit posters on the wall at eye level.

Tip: Make it feel cosy and special – call it “My Calm Spot.”

2. Your Visual Kit (Print & Laminate These!)

A. Feelings Chart First step: Look at the faces and point to how you feel right now. Naming the feeling makes it smaller.



B. Breathing Exercises Pick one picture and follow it. Breathing calms the body fast (try 3–5 times).

Rainbow Breathing – Trace the colours with your finger while breathing. **4-7-8 Breathing** – Great for big feelings.

C. “I Need a Break” Choice Board Point to what you want to do to feel better. No guessing!

D. Calming Strategies Poster (extra help) Quick ideas like “squeeze a ball” or “listen to music.”

3. How to Use the Calming Corner (Easy Steps for Kids)

1. **Feel big feelings?** Walk to the Calming Corner.
2. **Look at Feelings Chart** → Point to your face.
3. **Choose a Breathing picture** → Do it slowly.
4. **Pick one activity** from the Choice Board.
5. **Stay until you feel calmer** (body feels soft, heart slow).
6. **Ready?** Give a thumbs-up and go back to your day.

Parents/Teachers: Practice together when the child is happy. Say: “You did great calming down!” **Never use the corner as punishment.**

4. Quick Tips for Success

- Start with 2–3 pictures only (don’t overcome).
- Update pictures when the child grows or likes new things.
- Use a timer (5–10 minutes) if needed.
- Celebrate every time they use it – it builds confidence!