



Play, Recreation, &
Leisure

OT Home Activities

Calming Corner/Chill Zone

Grade Level:

Preschool - High School

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Sensory Processing, Self-regulation

Materials:

- A space in a room, can add bean bags, couch cushions, blankets, pillows, lava lamp, etc.

Directions:

- 1) Make a space in a small corner or area of the home with materials to help child calm.
- 2) You can use a tent, a bean bag or pillow for the child to sit on or in.
- 3) You can use this as a reading corner
- 4) You can also have toys your child can squeeze such as a soft ball or favorite toy



Modifications/Adaptations:

- Use different textures, tent, etc.
- You can drape a blanket over 2-3 chairs to make a tent

How to incorporate into family routine:

- Family can all take a break at the same time
- Use calming corner for reading time with parent or sibling

