

Calm Corner Rules

Five simple rules that help the space work

EMOTION ROOMS



1. Come here when you need a break

You can choose this space yourself. Nobody has to send you.



2. Pick one tool

Choose one thing that helps your body — breathe, squeeze, or look.



3. Stay until you feel ready

There is no timer. Take the time your body needs.



4. Ask for help if you want it

Being alone is a choice, not a rule. A grown-up can sit nearby.



5. Take care of the space

Put tools back where they belong so the next person can use them.



What a grown-up might say

"Your feelings are okay. Let's find a tool together."

How to introduce these rules

1. Talk about the rules **when everyone is calm** — never in the middle of a meltdown.
2. Walk through the space together and practise once, as a game.
3. Model it yourself: "I'm frustrated, so I'm going to use the calm corner."
4. Prompt early, at the first sign of big feelings — while your child can still choose.