SENSORY AND EMOTIONAL REGULATION

Calm Corner Setup Guide and Printables

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A practical guide to setting up a calm corner or lower-demand space at home, with printables to go in that space.

This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe. A calm corner should be a refuge, not a place a child is sent as a punishment.

Who this is for

Families who want a predictable place to reset, and settings adapting the same idea carefully.

What is inside

- How to set a space up kindly
- A kit checklist
- Printable boards for the space
- A review page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

A place to go, not a place to be sent

A calm corner works best when the person can choose to use it, can get back out of it, and when the things in it are already known to help. Keep it simple. It does not need special equipment. If the space is in a school, agree how it will be used so it does not become exclusion in another room.

Setting it up

- [ ] A place that is quieter, dimmer, or less busy, even if it is only a cushion and a basket
- [ ] Something to sit or lie on that the person already likes
- [ ] A small set of regulating things (not a huge pile of toys)
- [ ] A visual that shows “I can go to the calm space” and “I can come back”
- [ ] How others in the home or class will give the space some privacy
- [ ] Whether noise-reducing options, a timer, or a help card should live there too

Where our space will be, and what will be in it

Board for the calm space

Leave this in the space if it helps.

I AM TAKING A BREAK

Place a card or write here

THEN I CAN

Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

Cards for the basket



Quiet



Help



Break



Finished



Something familiar



Outside later



Wait

My own

After a fortnight

Is the space being used, and is it still a refuge rather than a sanction? What we will change

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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