

# Comfort Corners

Just as adults have places, people, foods, or activities they turn to in times of distress, young people need a space to help them calm down, refocus, or take a break in the classroom. Creating this type of space or “Comfort Corner” allows students to regulate themselves and then return to the group without a major disruption.

## When using a Comfort Corner, remember...

- Introduce, explain, and practice how to use it before a student needs it.
- It is a place for a student to regain control and feel safe.
- It should offer some privacy but still be within view of an adult.
- Use it as an opportunity/option: “Would you like to try the comfort corner to see if it will help?”
- Do NOT use it as a directive or consequence: “Go to the Comfort Corner!”

## A Comfort Corner may include:

- Comfortable seating (bean bag chair, pillows, etc.)
- Weighted blankets
- Headphones with music
- Fidget toys
- Coloring supplies
- Stuffed animals
- A timer
- Beads and string
- Posters of breathing exercises/yoga moves/calming scenes

Get input from your students to get more ideas of items they would find soothing.