**Cocoon Space**

Having a quiet corner with a variety of calming tools somewhere in the classroom can make a big difference for a child with sensory processing challenges. Often, just knowing that there is a “safe spot” nearby can alleviate anxiety and provide a sense of empowerment. It also teaches children what to do when they are feeling overwhelmed.

*To get started:*

* Find a corner/space in your classroom that is set away from the main action
* Seclude the area using furniture/tent etc.
* Create a tool box of calming activities and tools see suggestions below
* Create and teach the rules on how and when to use the cocoon space see suggestion below











**Tool Kit Ideas**

Kaleoscope

Stress balls

Lavender/vanilla smells – i.e. *add 3 drops of essential oil to playdough recipes*

I spy stick (Wondertube) or I spy books

High interest books with pictures (i.e. dinosaurs, animals, World Records)

Gum

Massager

Noise reducing headphones

Stuffy

Worry rocks

Weighted items (i.e. lap pad, shoulder pad)

**Idea Cards**

****Count to 50

Hum a song

Imagine your safe place

Draw a picture

Take deep breaths



