

My Space: Self-Calming and Making Choices

Instructions:

1. Remove the top from a box. Let your child sit in to make sure it is large enough for her to fit in comfortably but still small enough to be cozy.
2. With your child, decorate the inside and outside in any way she wants. For example, glue pictures or draw patterns with markers/crayons.
3. Place pillows, blankets, and other cozy items inside the box.
4. Allow your child to explore the space. Encourage her to get comfortable and relax inside. Ask if she can think of anything else she wants to add to her space. Maybe her favorite books?
5. Put the box in a quiet space for her to use whenever she needs some down time. This is NOT a time-out box – keep the space positive and inviting to her.

How to extend activity:

As your child becomes more comfortable in this space, allow her to add more things to it that makes it “her space” – you can also name it so it is something special to her.

Materials:

- Large box
- Cuddly items like pillows, blankets, and stuffed animals
- Optional: crayons, markers, pictures, glue



What they learn:

Motor Skills: It takes several different muscles to enter, exit, and balance inside the box. This builds and strengthens your child's large muscles.

Social-Emotional Skills: Your child is learning how to self-regulate and spend quiet time alone. Learning to regulate her emotions and builds her self-confidence. Making choices about how she spends her times and what items should fill her space and helps your child identify what is important to her.