



Making a Quiet Space at Home

We can have so much fun at camp! It's such a great place to make friends, play games, spend time in the great outdoors and so much more! But sometimes, even at camp, something happens that really upsets us. When we have times where we feel sad, frustrated, angry or scared it's important to know that we have a place where we can go to calm down.

You might go to your bunk bed or your favorite place when you need to calm down at camp, but you can make a space where you can calm down when you're feeling overwhelmed at home, too!



For Adults

Please keep in mind that this Quiet Space is not an area for punishment or time out. The Quiet Space is a tool that your child can use when they're feeling overwhelmed or when they need a break. I would recommend practicing using the Quiet Space after your child has prepared everything in the way that makes them the most comfortable. If your child is having a hard time you can remind them that they can always go to their Quiet Space when they're feeling overwhelmed.

The last page of this packet can be printed and placed on a wall in your child's Quiet Space. It's a good reminder of some activities that might help them feel calm.

Questions to Discuss Before You Begin:

Is it easier to make good choices when you're feel good or when you feel bad? Why do you think that is?

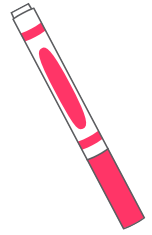
Have you ever notice that problems seem smaller when you feel calm?

What helps you to calm down when you are feeling upset?

Do you think you have an easier time calming down when you have a quiet space that you can go to when you feel like you need alone time?



Directions

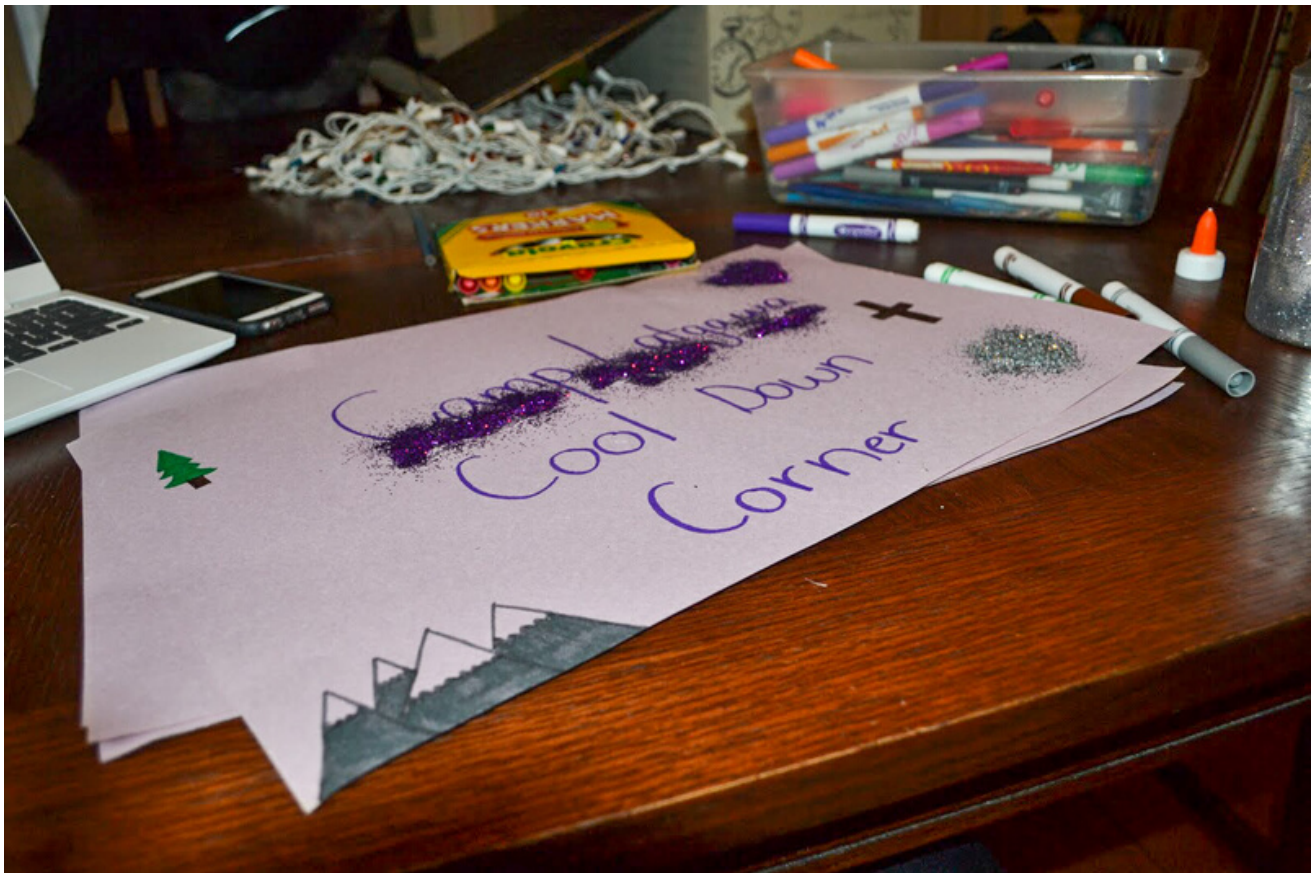


You get to pick out a special place for your Quiet Space. It can be in your bedroom, a corner of the living room or someplace else that makes you feel calm. When you've picked the right spot for your Quiet Space it's time to start getting everything ready!

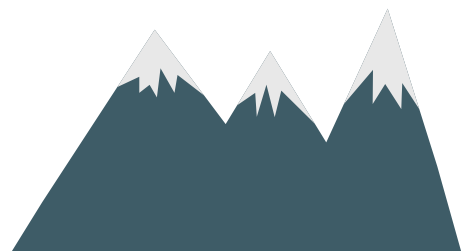
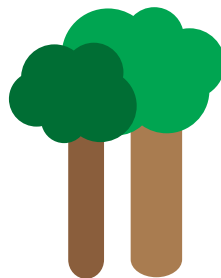
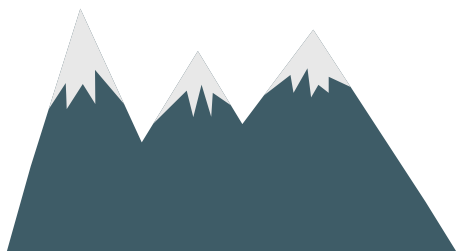
First, you get to name your Quiet Space. We named our Quiet Space the *Camp Latgawa Cool Down Corner*, but you can name your Quiet Space anything you want! Once you have a name picked out it's time to make a poster so that you can hang the poster in your Quiet Space and remember that the space is there for you when you need quiet time to be calm.



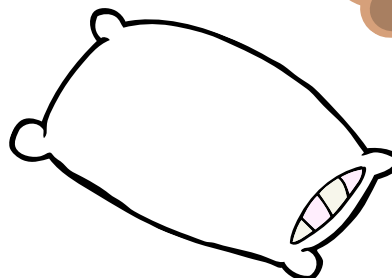
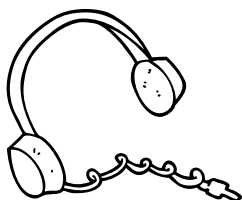
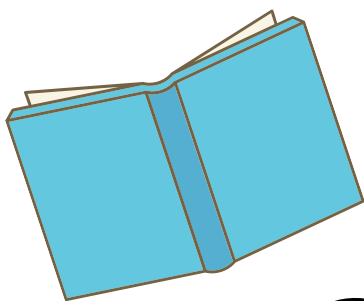
We used simple supplies to make our poster - paper, markers, glue and glitter. You can use whatever supplies you'd like to use, and feel free to get creative with it! You can draw pictures, glue photos or do whatever you'd like to do to make it your own.



We decided to draw a few of our favorite things like trees and mountains, and then we used glitter to add a little extra personality to our poster.



When you've finished your poster it's time to collect some things make you feel better when you're feeling bad. This could be your favorite animal, a coloring book, quiet music, a fidget, a cozy blanket and pillow, your favorite book or anything else that you want to add!



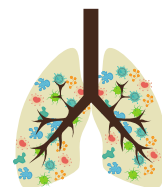
Now it's time to hang up your poster and get your Quiet Space ready to use! Make sure you have something comfy to sit or lay down on when you're there. You definitely want to be comfortable when you're having quiet time. We also pulled out some old Christmas lights for a little extra fun. You might even be able to use an old tent or sleeping bag in your own Quiet Space.



And now your Quiet Space is ready to use! If you're ever feeling bad, and you need a place to calm down you can go to your Quiet Space and do things that make you feel better !

Ideas to Help Me Calm Down When I'm in My Quiet Space:

- Practice Deep Breathing



- Read a Book



- Listen to Calming Music



- Color a Picture



- My Ideas: