

# Tip Sheet for Creating a Cozy Area

## Why have a cozy area?

The cozy area is a space where a child can go to be by their self and spend time alone. The area should not be used as a “time out” area when a child is feeling overwhelmed, but instead should be an area where a child may choose to go. The purpose is to help students develop social-emotional skills, identify self-soothing skills, learn self-regulation strategies, develop self-awareness, and manage their thoughts, feelings, and actions.

## What is the teacher’s role?

The teacher identifies the quiet space in the room and provides materials and strategies for student use. The teacher models how to use the area, establishes rules, and develops mini lessons on self regulation as needed throughout the year. There may be times when more than one child wants to use the area and the teacher should pause and reflect on if a whole group or small group calming activity would benefit the class.

## What might be included in a cozy area?

(consider the space and needs of students when selecting items. Too many items can be overwhelming to students).

- Soft furnishings (i.e. soft chair, beanbag chair, etc.) for the child to sit, lay or stretch out on
- A selection of soft materials such as dolls, weighted stuffed animals, pillows, or puppets
- A selection of non-fiction, fiction, and social stories about feelings including board books for threes and younger fours
- A selection of sensory bottles and tactile items the child may fidget with
- A bin with writing materials such as crayons and paper
- Visual supports such as posters of feeling charts, pictures of meditation, deep breathing or yoga poses the child could practice in the space
- A listening center with soft music a child can listen to
- Noise canceling headphones





Private space near quiet centers offering privacy but still open for teacher supervision which includes Flexible seating options (e.g., mats, cushions, beanbag chairs etc.) for student comfort

Calming materials are available for student selection (e.g., stuffed animals, books, fidget/sensory materials etc.)



Include items such as a feelings chart, calm down choices and deep breathing exercises.

A mirror with examples of feeling faces



Some things you can do in the calm down area is to look at a book, squeeze some toys, hug a stuffed animal, look at yourself in a mirror, and blow on a pinwheel. There are lots of things to do in here. We all want you to feel better.



Class made books about how to use the cozy corner ensure all children are aware of expectations and can independently access the area.