



# HOW TO MAKE A COOL DOWN SPOT

A SENSORY RETREAT  
FOR YOUR CHILD

## 1. CHOOSE A LOCATION

Take into consideration the noise volume and space constrictions to select a spot that can be semi-permanent. The space should be fairly small.

**A cool down spot should not be used as a time out or punishment.**

## 2. CHOOSE A STRUCTURE

Base your decision on your budget, physical space, and time to put it together. Possible options:

- Pop-up tent
- Small closet
- Large cardboard box
- Quiet corner hedged in by furniture
- IKEA child swivel chair
- Under a covered card table
- Tent over bed
- Tee-pee swing

## 3. MAKE IT COZY

Add blankets, pillows, chairs or seats. If using a seat, slow rocking or slow spinning movements tend to be calming.

## 4. BRING IN THE EXTRAS

Customize the spot to meet your child's sensory needs by adding in other forms of calming sensory input.

### PROPRIOCEPTION

- chewy toys/jewelry
- vibrating massagers/toys
- weighted blanket/pillows

### TACTILE - TOUCH

- soft or textured blankets/pillows
- various fidget toys

### AUDITORY AND VISION

- Christmas lights
- flashlights
- lava lamps
- spinning light-up toy
- soft or rhythmic music
- headphones