

Calm and Quiet Corner Guide

Year 1 – Sound & Silence · Josie Education Program

(Ages 1–2 · Theme: Echo of the Heart)

Purpose

To give Josie a peaceful space to practice **self-soothing, mindfulness, and sensory regulation**.

The Calm Corner teaches that quiet time is *comforting*, not punishment—an early form of meditation and autonomy.

Setting Up the Space

Choose a **small, cozy spot**—a corner of the bedroom, playroom, or reading nook.

Element	Description	Examples
Soft Base	Something comfortable to sit or lie on	small rug, blanket, floor cushion
Comfort Objects	Soothing, familiar textures	stuffed toy, silky cloth, doll
Calming Sensory Tools	Gentle input for touch, sight, or hearing	chime, lavender sachet, soft brush
Light & Sound	Warm and gentle	salt lamp, night-light, instrumental music, white-noise app
Visual Cue	Picture or symbol that means “calm time”	photo of Josie breathing, small heart sign



How to Introduce It (Gentle Routine)

1. **Model it first.**

Sit together and say:

“When I need quiet, I come to my Calm Corner to take slow breaths.”

2. **Signal quiet.**

Ring a small chime or say a soft phrase (“Peace time”).

3. **Guide the sequence.**

- Take 3 slow breaths.
- Hold or squeeze comfort item.
- Listen for 10 seconds of silence.
- End with a short hum or song.

4. **End with choice.**

Ask, “Would you like to read or rejoin play?”—teaches agency.

Keep sessions 1–3 minutes long; longer only if Josie chooses to stay.



Design Ideas

- Add a **Calm Jar** (glitter in water) to watch as it settles.
- Hang a **poster of yoga poses** for toddlers (child’s pose, butterfly, star).
- Keep a **small basket of quiet books**—wordless picture books or gentle stories.

- Include a **mini photo of family** for connection when regulating alone.
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Reflection Questions

- “How does your body feel now—quiet or busy?”
- “What color is your calm?”
- “Do you want to show me your calm breath?”

Write quick notes in your **Weekly Learning Log** under *Emotional or Life-Skill Observation*.

Learning Domains

Domain	Skill Developed
Health & PE	Self-regulation, breathing, posture
Science	Body awareness, cause & effect
Art & Music	Expression through color, sound, silence
Social-Emotional Learning	Emotional labeling, independence, empathy
Language Arts	Vocabulary for inner states (“calm,” “peaceful,” “still”)

Parent Notes

- Use *before* meltdowns, not just after.

- Let Josie personalize it—ownership builds success.
- Practice together daily for 1 minute at the same time; repetition = security.
- Photograph or sketch the setup for your **portfolio evidence**.