

# Calm and Quiet Corner Guide

**Year 1 – Sound & Silence · Josie Education Program**

(Ages 1–2 · Theme: Echo of the Heart)

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## 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.

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## Setting Up the Space

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

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

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## 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.

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## 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*.

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## Learning Domains

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

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## 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**.