**“Cool Down” Space** *(Positive Time Out by Jane Nelsen)*

* + Quiet corner of the classroom designed as an area where children can take a break to cool down
  + Can put items in this spot to encourage self-calming (e.g., sensory toys, blanket, teddy bear, pictures of deep breathing, pictures of happy faces, water bottle, the choice wheel, etc.)
  + May want to make it so that the child can have limited visual input / distractions (i.e., a tent)
  + Try to make them WITH kids – allow children to own it, name it, fill it with items, etc. (as much as possible)
  + Can also have a “character” that they can go hug & cuddle with (e.g., “Grandma’s lap” on a rocking chair, etc.)
  + Book “Jared’s Cool Out Space” (Nelson & Wilkin)

 