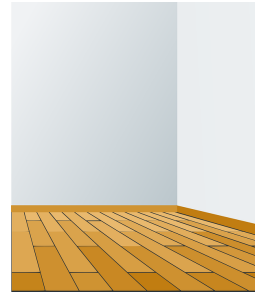


Make a Quiet Station

You will need a quiet place, soft pillows, blankets, soft stuffed toys, paper and some drawing materials such as markers or pencil colors, books, and pictures of different feelings (it can be your pictures or you can draw pictures with different feelings).

Find a spot in your room or home.

- ❖ Help your child clear the space.
- ❖ Talk with your child about how this is their quiet station: this is the spot they can visit to feel better when they are feeling bad.

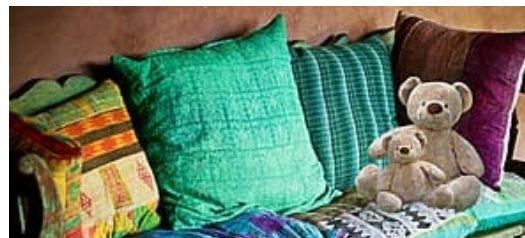


Fill the area with comfort objects:

- ❖ Pillows and blankets
- ❖ Stuffed toys
- ❖ Drawing materials
- ❖ Favorite books
- ❖ Pictures of family members



Set up the quiet station with the help of your child.



Encourage your child to use the quiet station when they feel bad.

Things to do in here:

- ❖ Draw or write about their feelings
- ❖ Read a book
- ❖ Take a nap
- ❖ Invite a grown-up to join you to talk about your feelings or share a book together

