

A Quiet Place ... Choosing Self-Control



Self-Control

How Does a Quiet Place Help Children?

A Quiet Place helps children choose self-control. Anger, over-excitement, and disappointment can be challenging for children to manage. A Quiet Place provides children an opportunity to take responsibility for managing their own feelings and behaviors independently.

What Can I Do?

- 1. You and the children in your class can set up a Quiet Place. It should be a comfy and inviting spot, with a soft cushion or pillow. Have the children think of things that will help them feel calm like books, stuffed animals, and a squishy ball. Keep a few of these in the Quiet Place. Let the children know the Quiet Place is not time out. Children can choose to go there on their own when they want to calm down.**
- 2. When a child starts to get upset or overly excited, remind her that she can calm herself down in the Quiet Place.**
Example, say: *"It looks like you are feeling upset that it is not your turn to feed the fish. Would you like to go to the Quiet Place to settle down?"*

- 3. Watch to see what she chooses to do.**

If she goes to the Quiet Place and calms down, say: *"It looks like going to the Quiet Place helped you calm down and handle your big feelings. You made a good choice!"*

If she does not go to the Quiet Place, and does not settle down, try other strategies like re-direction, guiding her through a calm down process, or giving an appropriate consequence. (To learn more about these techniques go to AcornDreams.com.)

Rewards for Life!

Teens and adults who know how to choose self-control avoid unnecessary conflict with family, friends, and co-workers. They are less likely to get into fights, damage property or get into trouble.

These are general guidelines, not medical advice, for children ages 3 years and older.
Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children's social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

