

## Calm cave

Create a calm cave to help children when they feel like they need some time out, away from the hustle and bustle of nursery life.

### Learning aims

- Personal, social and emotional development
- Self-regulation
- Language and literacy development.

### Activity Outline

- Create your calm cave 'shell' with a large cardboard box, an old tent or even a den made out of blankets
- Add in a few battery powered fairy lights and put some cushions in so the children can get comfy
- Add quiet activities to help calm the children, this supports their self-regulation:
  - Books and a torch
  - Sensory calming bottles, e.g. vegetable oil, water, glitter and colouring
  - Sensory touch pad, e.g. velvet, wool, foil, carpet etc.
  - Treasure basket with soft items in
  - Soft toys and puppets.



### Special considerations

- *Don't completely fill the calm cave as children need space to relax and too much content will hinder this*
- *Rotate the materials around or have them in storage baskets outside the cave so the children can take in what they wish*
- *You could add calming music.*