Tip

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Creating a cosy environment

Cosy spaces can be created in any type of space, and providing these areas offers a perfect way for children to relax, recharge and regulate their emotions.

Take a look at our top tips for making a cosy environment.

1. Cosy spaces need cosy furnishings, so add cushions, bean bags and rugs to provide comfortable seating options
2. Use soft, neutral, or pastel tones as these colours create a peaceful environment and are less likely to overstimulate
3. Include a basket of blankets, with different textures and weights for children to snuggle into
4. Add drapes to high ceilings or use them as partitions to separate the cosy space from the busier areas
5. Attach string fairy lights or put lamps into the area to create soft lighting
6. Provide a basket of soft toys for children to cuddle for comfort or emotional support
7. Offer a selection of books in a basket for children to choose from
8. Add sensory objects like squishy toys or sensory bottles to help children explore their emotions in a hands-on way
9. If you have limited space, consider a pop-up tent as a cosy space; this portable cosy space can be moved to different areas for children to access. Add cushions, string lights and soft blankets to make it inviting.

NDNA products to support you with your activity

Children's well-being – Publication

And more resources at www.ndna.org.uk/hub/myndna