

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 daily 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 (lots left after Christmas) 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 puppet.

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.