



HOME ENVIRONMENT CALM & SENSORY SUPPORT CHECKLIST

Simple shifts that help children feel safe and regulated

Create Predictable Spaces

- A cozy “calm corner” with soft items
- A clear spot for movement (jumping, stretching, rolling)
- A predictable place for backpacks, shoes, and daily items
- A simple visual rhythm posted where kids can see it

Reduce Overwhelm in the Environment

- Keep one or two play areas tidy (not perfect — just clear enough)
- Limit visual clutter by rotating toys
- Use soft lighting when possible
- Reduce background noise (TV, loud music, multiple devices)

Support the Senses

Touch:

- Soft blankets or pillows
- A cozy spot for snuggling or resting
- Clothing that feels comfortable and predictable

Movement:

- Space for wiggles (mini trampoline, yoga mat, hallway races)
- Opportunities for heavy work (pushing laundry basket, carrying books)

Sound:

- Calm background sounds (white noise, gentle music)
- Quiet zone available when needed

Sight:

- Warm, low lighting in the evenings
- Simple, uncluttered surfaces
- Visual cues for routines

Smell:

- Neutral or mild scents
- Avoid strong fragrances that may overwhelm

Build Connection Into the Environment

- A shared reading spot
- A place for daily check-ins (“How’s your body feeling?”)
- A family ritual space (candle, music, gratitude moment)

Support Transitions

- Use gentle cues (soft music, dimming lights, a phrase like “Let’s shift together”)
- Keep transition items handy (fidget, chewy, small toy)
- Offer choices to ease the shift (“Walk or hop to the bathroom?”)

Encourage Regulation Through Rhythm

- Predictable morning flow
- Snack + hydration at steady times
- Movement breaks built into the day
- A calming evening wind-down

Create a Low-Pressure Mealtime Environment

- Keep the table simple and uncluttered
- Offer one familiar food each meal
- Reduce noise and distractions
- Keep expectations gentle and consistent

Daily Home Calm Essentials

- Soft lighting
- Predictable routines
- Sensory-friendly options

- Movement opportunities
- A cozy place to reset
- A home atmosphere that feels warm, not perfect

Summary

This checklist provides simple adjustments you can implement in your home environment to foster a sense of calm, safety, and sensory support for children. By creating predictable spaces, reducing overwhelm, supporting the senses, building connection, easing transitions, encouraging regulation through rhythm, and cultivating a low-pressure mealtime environment, you can help children feel more anchored and regulated throughout the day. Remember, the goal is a warm and supportive home atmosphere, not perfection.