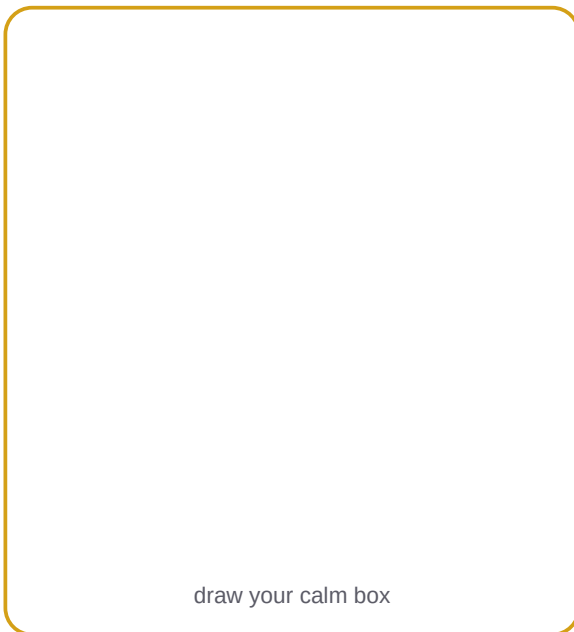


Make Your Own Quiet Corner

An activity from Oscar and his Quiet World by Robin Ashlin

Oscar's quiet world is calm, ordered and full of planets. When the outside world gets too loud, a quiet corner is somewhere to go until things feel steady again. Everyone is allowed one.

- 1 Choose your spot. Somewhere small and out of the way — a corner, under a table, behind the sofa, the end of your bed.
- 2 Make it soft and dim. Cushions, a blanket, a lamp instead of the big light. Small and snug beats big and open.
- 3 Pack your calm box. Draw or list what goes in yours — ear defenders, something soft, a favourite object, a book about the thing you love most.



In my quiet corner I keep...

- 4 Agree a signal with a grown-up. A word, a card, or a hand sign that means "I need my quiet corner now." You shouldn't have to explain while you're overwhelmed.
My signal is: _____
- 5 Going to your corner is not a punishment and not a telling-off. It's a tool. You come back when you're ready.

"Everyone needs a quiet place sometimes — and that is perfectly okay." — Oscar