**Chill at Home Zone**

**A picture containing text, floor, indoor, wood

Description automatically generated**

Purpose:

**The ultimate goal is to be able to release the emotion that is blocking the learning—the students *become the solution* and are once again *ready to learn*.**

When to use:

**Any time your child appears frustrated or is starting to shut down with a learning activity. This provides a purposeful break to help get them back on track so they can finish their task.**

What you will need:

\*a quiet corner/space

\*soft items (beanbag chair, pillow, sleeping bag, blankets, etc.)

\*timer (set for 5 minutes)

\*bin/box/basket for social-emotional learning tools

\*tool suggestions: coloring book, maze book, word search, picture books, squishy items, stuffed animals, tactile items (clay), etch-a-sketch, doodle pad, puzzles, etc.

Rules and parameters for use:

\*it is *suggested* that child ask for permission to attend chill zone with reason (example: I need to use the chill zone because I feel…)

\*choose 1 tool from the SEL bin to use for chill zone session (it is not recommended that the child switch tools)

\*set timer for 5 minutes (most of our students are ready to learn within that time frame, however needs may vary)

\*once timer goes off- the child will put the tool back in the bin and assess whether they are ready to learn

\*be consistent with these parameters so your child understands exact usage and purpose