

■ Activity 2.1 · Cozy Space Planner ■

Create Your Calm, Connected Corner

Creating a cozy corner helps your child associate reading with comfort and calm. This is your shared invitation to slow down, connect, and let stories bloom together.

"A cozy space is more than pillows and blankets — it's where hearts slow down, voices soften, and stories bloom."

CHILD'S FIRST NAME

YOUR EMAIL *

1 Choose Your Space

- | | |
|---|---|
| ☐ Living room corner | ☐ Under the stairs / window seat |
| ☐ Tent / fort / reading teepee | ☐ Other: _____ |

■ Tip: Look for a space that feels tucked away but easy to access — somewhere your child naturally gravitates to.

2 Set the Mood

- | | | |
|--|--|---|
| ☐ Soft lamp | ☐ Fairy lights or twinkle strands | ☐ Flameless candle |
| ☐ Sunlight through sheer curtains | ☐ Glow-in-the-dark stars | ☐ Nature sounds |
| ☐ Soft music | ☐ Silence | ☐ White noise |

■ Quick Sensory Check: Is it soft on the eyes, gentle on the ears, cozy to the touch, and pleasant to smell?

3 Comfort & Coziness

- | | |
|---|--|
| ☐ Bean bag chair | ☐ Floor cushions |
| ☐ Small chair or loveseat | ☐ Soft rug or blanket nest |
| ☐ Throws, cushions & stuffed animals | ☐ Add something living (plant/flower) |
| ☐ Include a pet (if not too distracting) | ☐ Temperature control (fan/blanket) |
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4 Include What You Love

■ Favourite stories

e.g., *Goodnight Moon*, *Dog Man*

■ Calming toys or fidgets

e.g., *fidget cube*, *soft ball*

■ Art supplies or journals

e.g., *sketchpad* + *crayons*

■ Cozy buddy (stuffed animal, blanket, etc.)

■ Ask your child: "What helps you feel peaceful or happy when you're here?"

5 Personal Touches

- ☐ ■ Draw or paint a "Cozy Space Sign" with their name
 - ☐ ■ Display family photos or their artwork
 - ☐ ■ Add a special scent (lavender, cinnamon stick, etc.)
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6 Together Time Plan

Use your cozy corner for:

- | | |
|---|---|
| ☐ ■ Reading together | ☐ ■ Quiet time / breathing |
| ☐ ■ Feelings check-ins | ☐ ■ Gentle play |

■ Choose a cozy time of day you'll visit your corner together

e.g., *after school*, *before bed*

■ Reflection — After Your First Week

- ◆ What do you like best about our cozy space?
- ◆ Is there anything we want to add or change?
- ◆ How did our cozy moments change the feeling of our evenings?

—■ *Encourage your child to draw or write what they love most about it.*

■ Quick Sensory Check: Is it soft on the eyes, gentle on the ears, cozy to the touch, and pleasant to smell?