**Making a Dark Den**

The dark den offers a safe space or cool down spot for children who can become easily overwhelmed by sensory stimuli. It offers a quieter, darker, enclosed space for the child to relax and have time to calm/regulate their sensory system.

You can create a dark den using a pop up tent or simply by covering a table with a large bed sheet.

One the space is create add some cushions for your child to get comfy and place some sensory toys for exploration.

This can be a range of items including: musical toys, torches, items of different textures, mirrors, lamps, spoons, glow stickers on hard surfaces, tinsel, water bottles filled with different items such as pasta to create sound.

Anything you deem to be safe for your child to explore independently.

