

FEELINGS FORT

Build a comfortable retreat for connection, quiet, and child-led regulation.

ALL AGES

10-20 MIN

ADULT TOGETHER

WHAT YOU NEED

Lightweight blankets, pillows or cushions, a stable chair or table, and optional comfort items such as a plush toy, book, headphones, or soft light.

TRY IT

- 1 Choose a safe location together. Let the child help decide the fort's size, light level, textures, opening, and comfort items.
- 2 Use the fort for quiet time, storytelling, music, drawing, conversation, or no conversation at all. Ask before entering the child's space.
- 3 Create a simple signal for when the child wants company, privacy, or help. The fort can remain available as a choice - not a punishment or forced calming space.

WHY IT HELPS

A predictable retreat can support decompression, autonomy, and connection. Giving a child choices about the environment can make it easier to notice and communicate what their body needs.

MAKE IT YOURS

Offer an open corner, pop-up tent, canopy, or chair with a blanket if enclosed spaces are uncomfortable. Include communication cards or a visual timer if helpful.

SUPPORT + SAFETY

Adult supervision is required. Keep airflow and exits open. Do not attach blankets to heaters, lights, cords, shelves, or unstable furniture. Never leave a young child unattended inside.