

## DO THIS AT HOME

# The Be-By-Myself Box

Try this activity at home to reinforce the importance of having spaces to be alone!

### What Your Child Will Learn

Your child benefits from knowing there is a safe place to retreat to when he is overwhelmed or needs a break from the larger group. Just like you, your child needs his own space to help him relax and regroup. When you help create this type of space you show him that you understand how important “alone time” can be.

### Materials Needed

contact paper	fabric scraps
crayons, markers	paint
empty appliance box (most appliance stores will be happy to donate boxes, or, you can always use a table with a long sheet overtop as well!)	photos of your child and family pillows and other soft items

### What to Do

- ▶ Talk with your child about how at certain times during the day he may want to “get away from it all” and be by himself.
- ▶ Show him the places in your home where he can go to have some quiet time.
- ▶ Next, introduce the large cardboard box, explaining that this will become a new be-by-myself place.
- ▶ Together with your child, decide where the box will end up once it is finished.
- ▶ Next, work with your child to determine the rules for how to use the new be-by-myself space.
- ▶ Write up these rules (add pictures if possible), and post them in or near the box.
- ▶ Now, you are ready to work on creating this space!
- ▶ Cut one side completely open as this will serve as the entrance to the be-by-myself area.
- ▶ Over several days you can:
  - ◀ Paint the exterior of the box with your child. Invite him to join you in choosing the colors and designs you paint on the box. Allow to dry.
  - ◀ Add photos or drawings to the inside of the box.
  - ◀ To soften the inside of the box, purchase foam from your local craft or fabric store and add it to the bottom of the box. Cover the foam with a blanket and add soft pillows and stuffed animals.
- ▶ Place the box in its space, review the rules regularly, and enjoy!

\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).