

CHOOSE YOUR CALM: PLAYROOM BLUEPRINT PACK



**4 Space-Smart Playroom Layouts to
Help You Create a Calm, Screen-
Free Zone—No Extra Room Required.**

by Vanessa Moyers

Building a screen-free, sensory-friendly play space doesn't require a whole room—or a whole renovation.

This free guide gives you 4 simple blueprints you can adapt to fit your home, your family, and your available space.

Whether you have a full playroom or just a cozy corner, there's a plan here for you.

Let's dive in!

Option 1: Tiny but Mighty (Basket + Rug Setup)

Best for: Apartments, small living rooms, bedrooms, multi-use spaces

Setup:

- A soft area rug or foam mat
- 1–2 low baskets for toys (rotated monthly)
- 1 small basket for sensory items (fidget toys, squishy balls, texture pads)
- Optional: small throw pillow or beanbag for cozy reading

Why it works:

- ✓ Defines a "yes space" without taking over the whole room
- ✓ Visual clutter stays minimal, which supports focus and calm
- ✓ Easy to clean up in minutes

Toy Focus:

- Magnetic blocks
- Sensory balls or texture tiles
- Small stackable puzzles or open-ended building sets

Option 2: Small Nook Magic (2-Zone Play Corner)

Best for: Open floor plans, corners of bedrooms, shared family spaces

Setup:

- Zone 1: Cozy Reading Nook
 - Small bookshelf or basket of 5–10 books
 - Rug, floor cushions, or kid-sized chair
- Zone 2: Building or Pretend Play
 - Low shelf or storage cube with toys (rotate monthly)
 - Open-ended toys like construction sets, pretend food, or doctor kits

Why it works:

- ✓ Separates active and calm activities
- ✓ Encourages independent choice-making
- ✓ Helps kids transition between types of play smoothly

Toy Focus:

- Wooden block sets
- Pretend play sets (kitchen, doctor, vet)
- Magnetic building toys

Option 3: Sensory Oasis

(Calm-Down & Build Space)

Best for: Sensory seekers, sensory avoiders, kids who need clear "regulation" spaces

Setup:

- Sensory Calm-Down Basket:
 - Weighted lap pad or blanket
 - Squishy sensory balls
 - Chewelry (chewable jewelry)
 - Texture boards or busy boards
- Play Mat or Floor Space:
 - Space to build marble runs, magnetic tile structures, or puzzles
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Why it works:

- ✓ Provides both active and calming outlets
- ✓ Helps kids self-regulate emotions independently
- ✓ Gives sensory input options based on their current needs

Toy Focus:

- Marble runs
- Texture busy boards
- Weighted fidget toys

Option 4: Shared Spaces (Blending Play into Everyday Life)

Best for: Families with no separate playroom space

Setup:

- 1-2 baskets or cubes stored in common spaces (living room, dining room)
- Toy types blend with family activities:
 - Quiet building toys during adult downtime
 - Pretend kitchen food sets during dinner prep
- Rotate toys seasonally or monthly

Why it works:

- ✓ Keeps kids engaged near family members
- ✓ Lowers screen temptation during boring transitions
- ✓ Encourages independent and cooperative play

Toy Focus:

- Pretend kitchen and market sets
- Board games and puzzles
- Art kits (washable and easy to store)

Meet Vanessa — an unfiltered empowerment coach for gaslit ND mamas raising outside-the-box kids. Around here, we ditch the guilt, drop the apologies, and build the confidence you need to advocate like a badass and raise your legend with zero fear.



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You've got **this**, Mama!! I've got **you!**

XO Vanessa XO

