

Classroom calming area

The calm-down corner, a crucial space in the classroom, serves as a refuge for students to regulate their emotions and behaviour. It should be equipped with a range of movement and sensory-based activities or tools. When deciding on its location, consider a spot away from the busiest areas of the classroom, yet still within sight for supervision.

- Place to sit – some potential options, with room for one student at a time, a tent, egg chair, beanbag chair, rocking chair, large pillow.
- Headphones – to block out noise, listen to music or white noise.
- Breathing strategy cards or poster – to guide deep breathing.
- Things to look at – pictures of calm places, books, lava lamp or stimulating choices
- Child specific sensory items – tactile toys, stuffies, light sources, chewlery, fidgets
- Feeling check in checklist
- Opportunity for heavy work – pull toys, theraband, weighted objects.

A calming area may actually be an area that allows for greater movement and activity, such as a movement circuit in a hallway that allows for jumping, push-ups, heavy lifting, animal walks, etc.