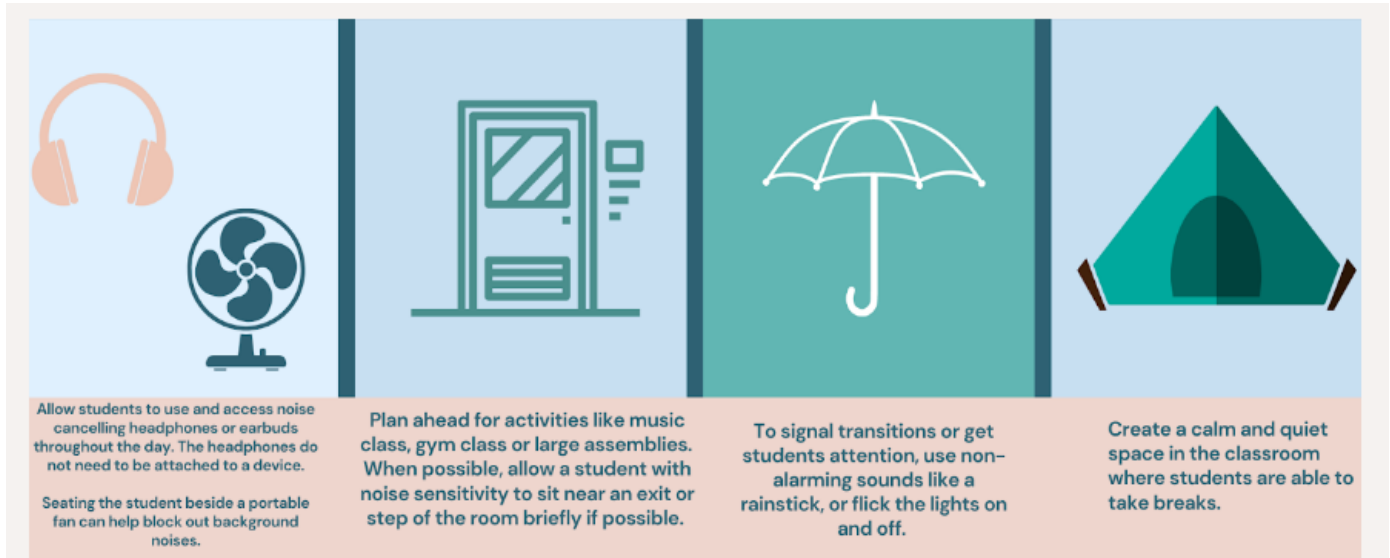


Reducing noise in the classroom and creating a quiet space



Create a quiet space in your classroom. Dedicate a corner in the classroom that provides a calming environment.

- A "Quiet Corner" should be a place for a student to regroup when they feel the need.
- Teach the student how to use it. Explain that when they are upset (mad, angry, need to calm down) they can go to the Quiet Corner until they feel better.
- You can also use a timer to let the student know they have a set amount of time for a break in the classroom (i.e. 5 minutes).
- Try using lamps, beanbags, pillows or mats. Children can listen to calming music or audiobooks. Try an IKEA Tent or Egg Chair to provide a safe and quiet space.

How can a student use a quiet corner? ↻

- To do homework, read a book, snuggle with a plush toy, or sit with weighted lap buddies.
- It is generally a space where the child can go to be by themselves, therefore the equipment we choose for the space needs to be safe. Battery-powered equipment should be used if possible.
- It has a lot of potential to help children with emotional regulation. If the student is becoming frustrated while working at their desk, try allowing them to bring their work into the quiet corner and see if the change in environment can help them to relax and focus.

Resource created by: <https://sites.google.com/view/theotclassroom/sensory-regulation/classroom-environment>