

What is a Calming Area?

A Calming Area is a quiet area of the room equipped with soothing materials and furnishings to help a student de-escalate and / or practice self-management when upset.

Calming Areas Guidelines & Setting Expectations

At the start of the year / semester, be sure to spend time describing the Calming Area, its purpose, and expectations around using the space / any Calming Area materials.

- **Develop a schedule to introduce Calming Area practices:** To provide a strong foundation of understanding and practice, consider creating a schedule for all students to visit the Area, practice using materials, and then return to classroom activities.
- **Model how to use the space:** Teachers (or parents / caregivers) should to model how to use certain items and the best manner for excusing oneself from general classroom activities to go visit the Calming Area when needed.
- **Time management in Calming Areas:** Note that time spent in the Calming Area should be limited and focused on “resetting” so that the student is then ready to return to the learning space and actively participate again. Keeping a sand timer at your classroom’s Calming Area can help a student with managing time.
- **Actively manage expectations during the year:** As needed, teachers (or parents / caregivers) have the discretion to revisit Calming Area expectations and add / remove Calming Area materials.

What does a Calming Area look like?



Calming Areas Overview & Ideas



What materials can I use in a Calming Area?



Calming Jar



Chime



Hoberman's
Sphere



Sensory Beads



Therapy Sand



Mandalas
(And other
coloring options)



Stress Balls



Timer

***Self-Regulation Strategies /
(printed / posted in Calming Area)***

- Think happy thoughts
- Belly breathing / other deep breathing guidance
- Draw a picture
- Listen to music
- Slowly count to 10
- Read a book
- Write in a journal