

5 STEPS TO



SETTING UP CALMING SPACES



**Steps to making
it easier.**

Repetitive Exposure

Ensure that you plan to "practice" with the class how to use the space, when to use the space, and how to communicate needing to use the space. This should be done as a class.



Think 5 Senses

When deciding on items for your space, think of the 5 senses. Ensure that multiple items touch on at least 2-3 senses.



Obtain Ownership of The Space

Provide choices and allow the class to vote on items they would like in the space. Also allow them to "name" the space.

Develop a Time Limit

We don't want the space to be a way to "get out of doing work" but a way to assist them in regulating unwanted behavior. Develop a 5-10 minute time limit.



Peer Advocacy

Encourage students to recommend to fellow students to use the space and provide incentives to those that encourage and model how it should be used.

