5 STEPS TO SETTING UP CALMING SPACES

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.

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.

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.

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.

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.