

Calm Area at Home



An example of a calm area set up at home.

A screen has been used to minimise visual input and provide a sense of security.

Calm Areas in School



Here screens have been used to add physical structure to a calm area. Calming resources are available, such as the fidget toy and bean bag. Visual supports are available on the wall to prompt the young person to engage in calming strategies.



In this calm area, blinds have been closed to reduce visual input. The area is clearly labelled and the furniture gives information about what the child can do in that space to engage in calming activities.

Calm Areas in School



Here the Zones of Regulation have been used to help students to begin to identify their own emotional state. Children place their picture in the relevant zone. Each zone can be linked to coping strategies to help the child or young person begin to engage in self-regulation strategies.

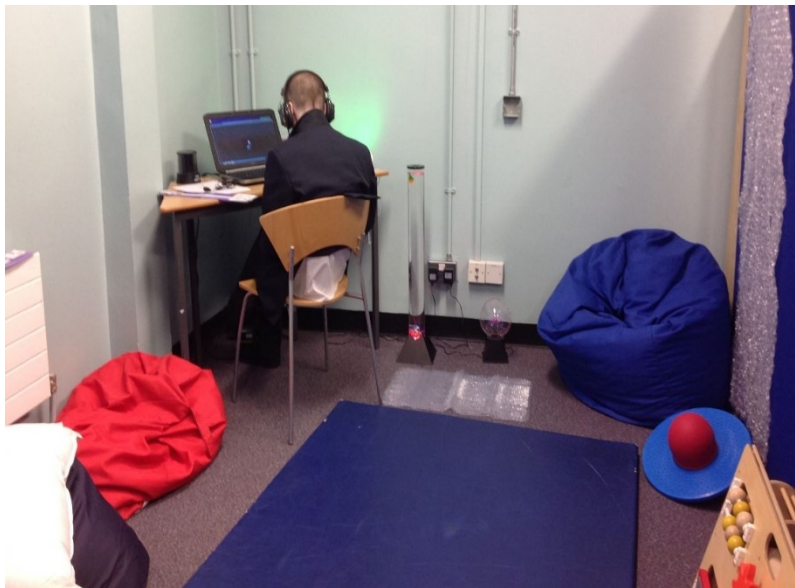


These visuals can be placed on the Velcro strip below to form a sequence of calm down activities that the pupil can work through independently. They can remove each picture as the activity has been completed and they will know they have finished as there will not be any more visual prompts on the strip.

Calm Areas in School



Materials within a calm area should be meaningful to the children using them. What works well to support one child may not be as helpful to another child. It is therefore beneficial to have a range of materials.



Calm Areas in School

