

Calming Spaces and Places

A safe place to 'just be'

A calming space

Creating a calm place
in a classroom or other
place in a setting offers
a space for reflection,
calm and can lower
arousal levels



Resources

- Colouring activities
- Soft textures or teddy bears for touch, which releases calming chemicals in the brain



It needs to be a place where people can chose to go.
A place for Young People and Adults