## 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
- Sensory objects such as bendy objects, playdough, soft clay
- -Sensory lamps or bright objects
- Books
- -Soft cushions or various objects to sit or lie on

It needs to be a place where people can chose to go.

A place for Young People and Adults