

# Creating a calming & comfortable environment



# YogaBugs Virtual

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Creating a calming and comfortable environment for children in primary school involves thoughtful planning and consideration of various elements that contribute to their well-being. Here's a comprehensive plan:



## Colour Scheme and Visual Appeal:

Choose a soft and neutral colour scheme with pops of bright, cheerful colours.

Incorporate age-appropriate and calming visuals like nature scenes, animals, or inspirational quotes.

Avoid overstimulating patterns and opt for simple, soothing designs.

## Comfortable Furniture:

Provide comfortable and age-appropriate furniture, such as ergonomic chairs & desks.

Create cozy reading corners with cushions, bean bags, and soft rugs.

Ensure there's enough space for movement and group activities.



## Natural Lighting:

Maximize natural light by arranging furniture to allow sunlight into the classrooms.

Use adjustable curtains or blinds to control the amount of light.

Incorporate soft, warm lighting for a calming atmosphere.

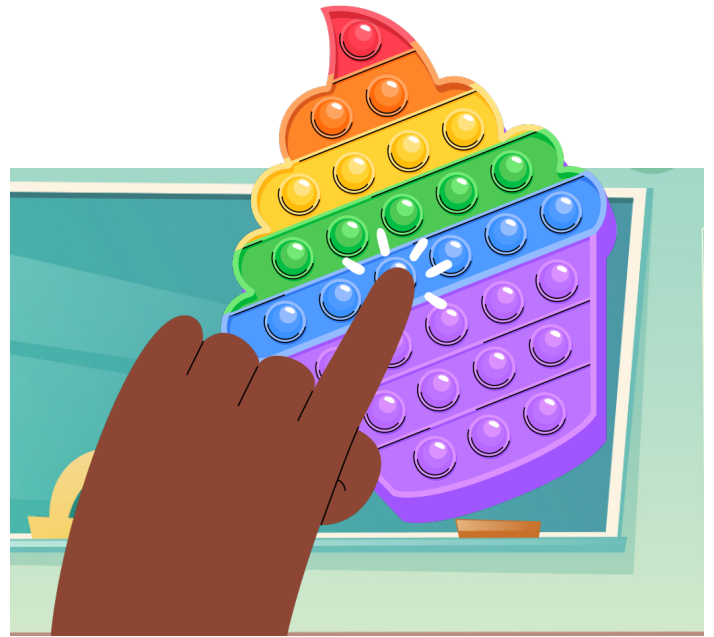
## Quiet Zones:

Designate specific areas as quiet zones for individual activities and reflection.

Use dividers or bookshelves to create private spaces for focused work.

Provide noise-cancelling headphones for children who need extra concentration.

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## Nature Integration:

Choose a soft and neutral colour scheme with pops of bright, cheerful colours.

Incorporate age-appropriate and calming visuals like nature scenes, animals, or inspirational quotes.

Avoid overstimulating patterns and opt for simple, soothing designs.

## Sensory Stations:

Set up sensory stations with items like stress balls, textured fabrics, and fidget toys.

Allow children to explore different textures and materials during designated times.

Implement sensory breaks to help children regulate their emotions.



## Personalised Spaces:

Encourage students to personalise their desks or workspaces with their artwork.

Display student projects and achievements to create a sense of pride.

Establish a “student of the week” display to highlight individual accomplishments.

## Organisational Systems:

Implement clear and consistent organisational systems for supplies and materials.

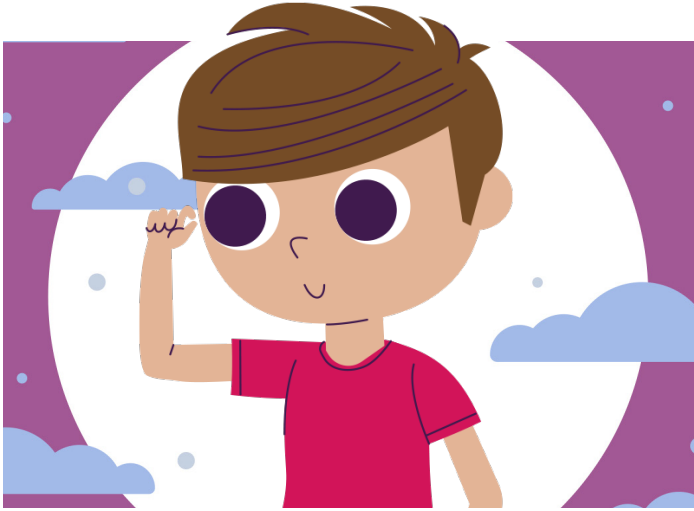
Label storage spaces and provide easy access to learning resources.

Foster a sense of responsibility by involving students in maintaining the organisation.

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By incorporating these elements into the design and practices of the school environment, you can create a space that is calming, comfortable, and conducive to the overall well-being and learning success of primary school children.



## Mindfulness Practices:

Integrate mindfulness activities, such as deep breathing exercises or short meditation breaks.

Use calming background music or nature sounds during specific activities.

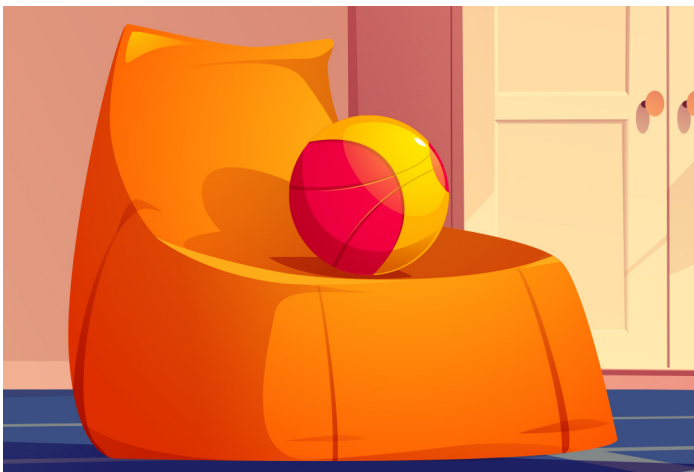
Provide resources for teachers to incorporate mindfulness into the curriculum.

## Community Involvement:

Involve parents and community members in creating and maintaining the environment.

Seek input from teachers and students on what elements contribute to a calming atmosphere.

Host events or workshops to educate parents on creating a calm home environment.



## Flexible Seating Options:

Include flexible seating options like stability balls, floor cushions, or standing desks.

Allow students to choose their seating preferences during certain activities.

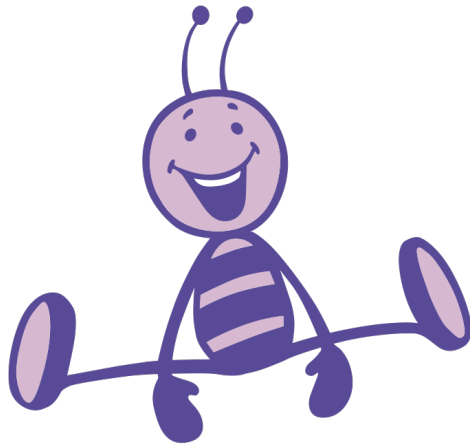
Provide a variety of seating arrangements for different learning styles.

## Regular Evaluations & Adjustments:

Solicit feedback from teachers, students, and parents on the effectiveness of the environment.

Conduct regular assessments of the physical space and adjust as needed.

Stay adaptable to the evolving needs of the students and the learning environment.



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