

Calm down corner expectations

- The purpose of the calm down corner is to provide a private area for students to self-regulate their emotions. The closed off feeling is designed to provide students a sense of safety and mimic being inside their mother's womb, which is important for a lot of trauma impacted students
- Reasons for using it can be anything that has taken them out of the green zone including stressed from work, frustrated, angry, upset, scared, need a break, feeling restless, etc.
- If a student is asking to use it, ask them for a reason why. If they can give a legitimate reason, allow them to use it for the allocated time. Allow any student to use it, not just students with complex needs. It is there for the whole class to share the use of
- All students should be allowed equal opportunity to access it if needed
- Only one person is to be in there at any one time
- It is not to be used for play
- The calm down corner is separate to a chillout space. Work is not to be completed inside the calm down corner as it is designed for them to self-regulate before being ready to return to their class and their work. Chillout spaces can be used as a quiet area to work
- All calm down corners should have a range of sensory tools for students to use when they are in there. This can also include colouring
- All sensory tools, cushions, blankets, etc. are to stay inside the calm down corners and not be taken out
- When using the calm down corner, students can use it for up to 10 minutes in order to self-regulate their emotions before being expected to return to the classroom. If students are still heightened after this point, the teacher is to give them another 10 minutes
- If students are misusing the calm down corner, re-teach them how to use it
- If students are becoming possessive of the area/tools, re-teach the purpose of the area with the class
- Students will need directing into the area when they are recognised as being in the red/blue/yellow zone e.g. "I can see you are in the red zone. Come and spend 10 minutes in the calm down corner to help calm yourself down so that you can be ready to rejoin our class". Over time, they will become more self-directed with this and recognise when they need to use it