

Classroom calm corner checklist

A practical setup checklist for a calm, low stimulus classroom corner.

Calm corner essentials

- %j Clear visual boundary (rug, screen, or divider)
- %j Soft lighting or lamp
- %j Calm toolkit (fidgets, stress balls)
- %j Breathing prompt card
- %j Seating option (beanbag / chair)

Usage guidance

1. Explain the calm corner is for self regulation, not punishment.
2. Set a 3–5 minute timer or check in routine.
3. Offer a quiet return plan to class.