

# Classroom calm corner checklist

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

## Calm corner essentials

- %i Clear visual boundary (rug, screen, or divider)
- %i Soft lighting or lamp
- %i Calm toolkit (fidgets, stress balls)
- %i Breathing prompt card
- %i 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.