

Classroom calm corner checklist

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

Calm corner essentials

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