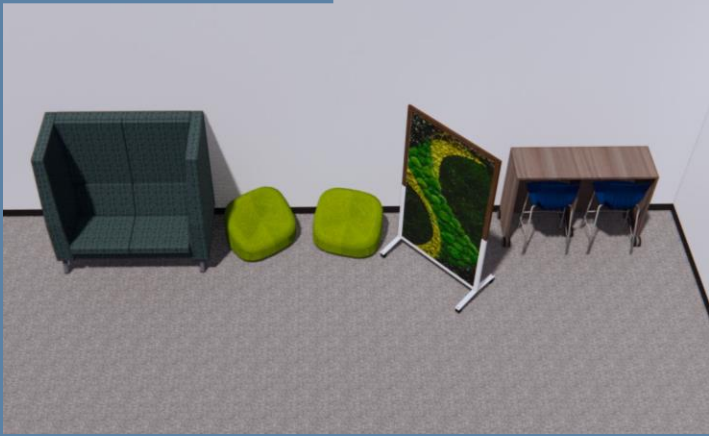
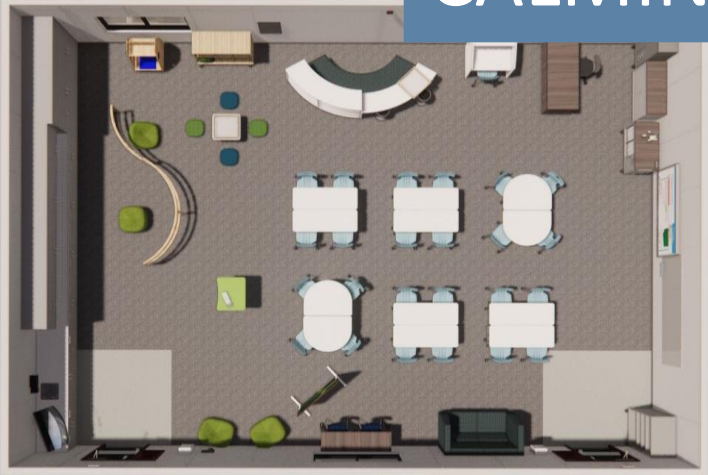


CALMING SPACES



Self-reflection can help us regulate our own behavior so that we can cultivate and prioritize a more caring way to interact with students. The benefits for both teachers and students will be long-term. (Edutopia)

Calming spaces support social-emotional learning because they provide students with a space to manage and regulate their emotions and give teachers a way to regulate students.

Studies show that when students do not feel safe or are in a state of emotional upset, they cannot learn. Calming spaces are an effective way to help students return to a relaxed state that is optimal for learning.

Example Above: Reading, doodling and nook spaces allow students to process internal struggles and conflict, which research shows can increase resilience and self-awareness.

Contact us today to select your calming spaces for your students.



Support the Whole Child with a Space to Chill



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Let's chill together to design your space!