

# How to

## CULTIVATE A REGULATED



# Classroom



Identify the stressors in the environment and reduce as many as you can – these may include noise, lighting, movement, decorations, flooring patterns etc.



Slow everything down—allow time to build understanding and cultivate intrinsic motivation.



Make recognizing and discussing feelings a normal part of classroom life. Use an emotions chart or similar resource. Emotions are welcome. Emotions help us understand what we need to do.



Check in with **your** body – are you feeling calm and organized? What can you do to recover and maintain your own regulation?

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**SENSORY INFORMED  
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# How to

## CREATE A VISUAL



# Schedule



Use pictures to represent daily activities & events.



Keep the pictures in a single vertical line.



Use this visual timetable every day and be consistent.



Take off each card as that activity is completed. Place it in a basket or bag.



Use the same picture format for everything (all photos or all cartoons, not a mix).



Use a 'choice' card for free time / stations etc. Choices can be made from relevant pictures or objects elsewhere.



Use a 'surprise' card for fun changes and introduce an 'oops' card for unexpected and less pleasant changes.

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# How to

## HAVE



# Snack Time

## SUCCESS



Make sure children are sitting in chairs and at tables that fit their body.  
*(feet should be flat on floor or foot boards)*



Turn off all background noise and minimize visual distractions.



Collaborate with parents/food prep team to ensure snacks are always preferred foods.  
*(School can be a difficult place to learn to eat new foods.)*



Use simple containers that are easy to hold, open and close. Ensure success.



Prioritize regulation over food consumption.



Never force feed. Allow children to spit out foods they are struggling to chew/ swallow or that is not working for them.

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# How to

## MAKE



# Circle Time

## A SUCCESS



Encourage movement.



Minimize visual distractions that are unrelated to circle time.



Turn off all background noise and only use music intentionally and not when it is competing with your voice.



Provide visual and tactile boundaries for circle time – use brightly colored spots, floor seating or consider using a large box stuffed with a comfy blanket for the child who cannot maintain an upright posture on the carpet.



Build activities around topics of interest to the children.



Rhythm and repetition are your friend. Use songs and rhymes to support routines. Learn the circle time routine together and only ever change one thing at a time.

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# BUILDING A ***SENSORY INFORMED*** **CLASSROOM**

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