




Calm Classroom and Home school tips




Encourage regular movement breaks. Challenge them to run up and down the stairs 5 times or practice 5 yoga stretches.




Keep the desk area clear of clutter. Organise the area so everything that is needed has a place. Encourage independence in organising their own workspace. Add some nature to the space using plants or greenery.




Try and get outside for some fresh air as often as possible. Even for just a few seconds.




Play calming music and offer water and healthy snacks throughout the day.




Practice deep belly breaths regularly to improve concentration and to regulate the nervous system.



Consider adding a fluffy rug under the desk and encouraging a no shoes policy. This will create a relaxing experience.



Consider the lighting in the area. Soft lighting from lamps tend to help with concentration.



Read or listen to a relaxing story after your lunch break.