



Frequently Asked Questions

Supporting Positive Behaviors at School and at Home: Strategies to Help Reduce Interfering Behaviors, Part 2
(Emotional and Sensory Regulation When Coping with Change)

Is the safe space/calm down spot meant to be wiped down and used for students to share or do you suggest having multiple spots set up for children to use?

You will need to be sure you are aware of your local health department's guidelines when sharing materials in a classroom setting. Many teachers are creating an individualized sensory area or providing items students can utilize at their desk to help with self-regulation. As far as creating multiple calming areas/spots in the classroom, it will depend on the space in the classroom and what your administration recommends.