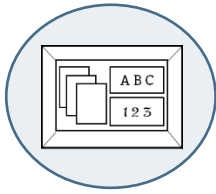


Classroom Environment Design Elements

The environments we are in are full of stressors across the 5 Domains of Shanker Self-Reg®, and classrooms are no exception. Classroom environments are known to have a substantial impact on children's learning and behaviour. Although ideal environments are individual and context dependent, this tool identifies some key areas to consider when designing your space to be as Self-Reg friendly as possible.



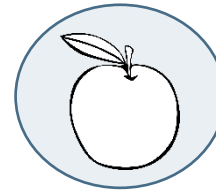
Visual Clutter Consider decluttering wall, bulletin boards, shelves and furniture, particularly in instructional areas. Minimize, organize and group visual material on walls and shelves, as well as student and teacher work areas. This helps students find information more easily.



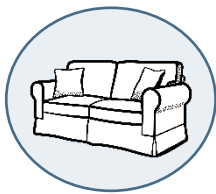
Lighting Adjust the amount of lighting needed throughout the day, according to the arousal needs of the classroom. Do what you can to maximize available natural lighting or lessen the intensity of fluorescent lighting.



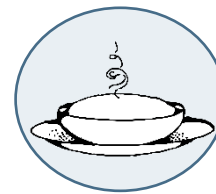
Noise Allow students to reduce background noise by making noise cancelling headsets or ear buds available. Headphones do not need to be connected to a device.



Hydration & Nutrition Make sure students have access to, and are encouraged to take, hydration breaks throughout the day. Also ensure that students have access to healthy breakfasts, lunches and snacks.



Seating Options Offer a variety of seating or standing options allowing for the child to change their body positions. For example, standing desks, a couch, bean bag chairs, peddle desks, etc.



Scents Minimize the presence of strong scents, like perfumes, certain foods, or cleaning chemicals.