

# **Photos from a Model Self-Regulation Classroom**

Seaview Elementary  
Lantzville, BC

Bookshelves covered with plain fabric to keep the room visually calm...

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# Use of subtle colours on walls, cabinets, and plant life introduced into the classroom

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# Optional seating for a variety of needs during 'carpet time'





# Subtle colours again and use of 'desk bins' for maximum organization and less noisy disruptions



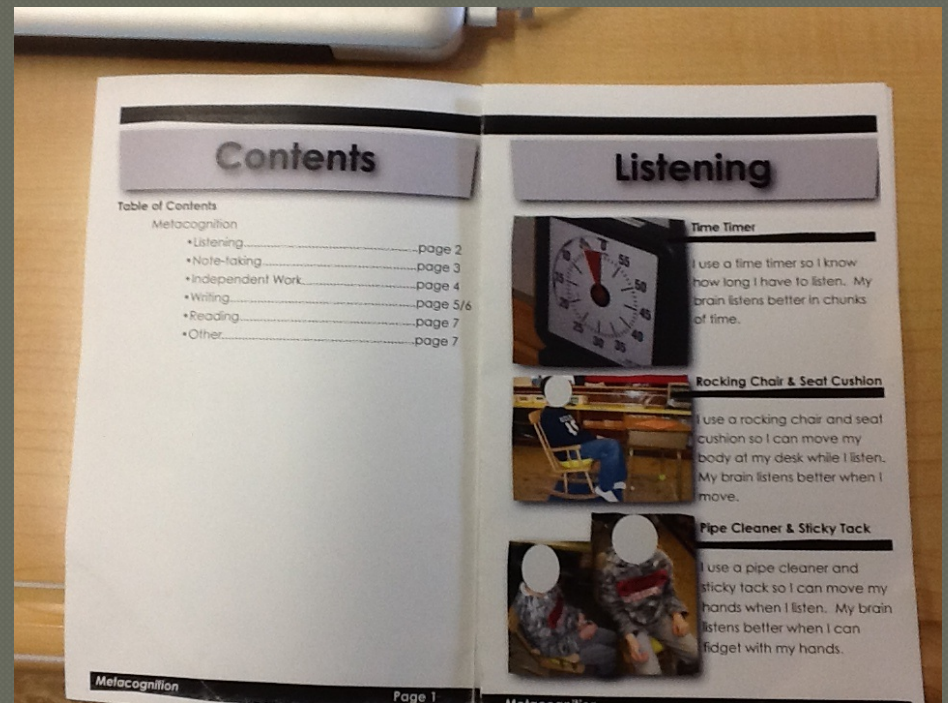


Leaning desks, quiet steppers, nature and organizational spaces to help reduce clutter





Every student has his/her own Metacognition book to understand and share how they learn best...





Visually quiet classroom with organizational spaces and procedures to reduce noise, stimulus, and anxiety





# Variety of desks for various learners and subtle, quiet activities to use while listening to instructions



# QUIET rocking chair

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## Alternative seating in the classroom – yoga ball, mushroom stools

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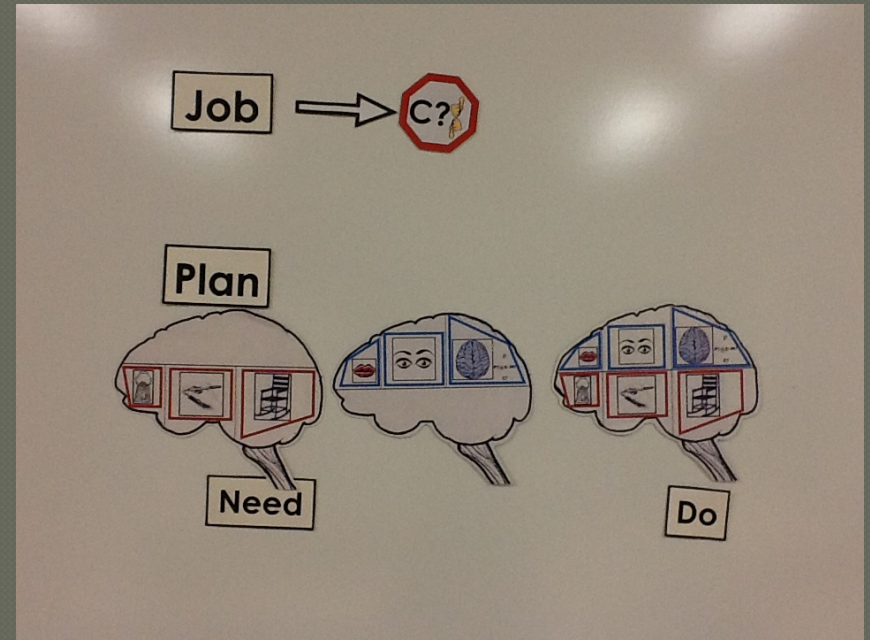
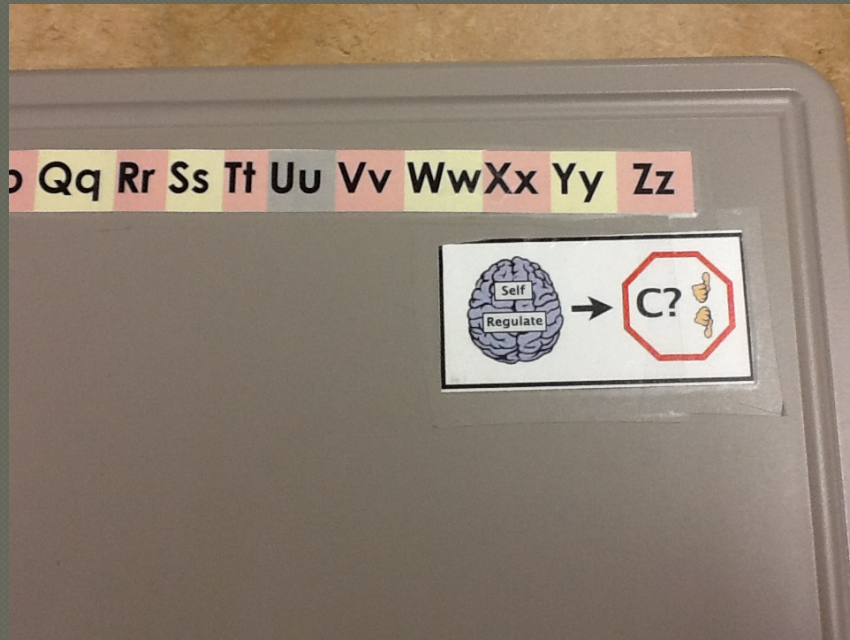


A quiet oasis to escape into  
when needed...

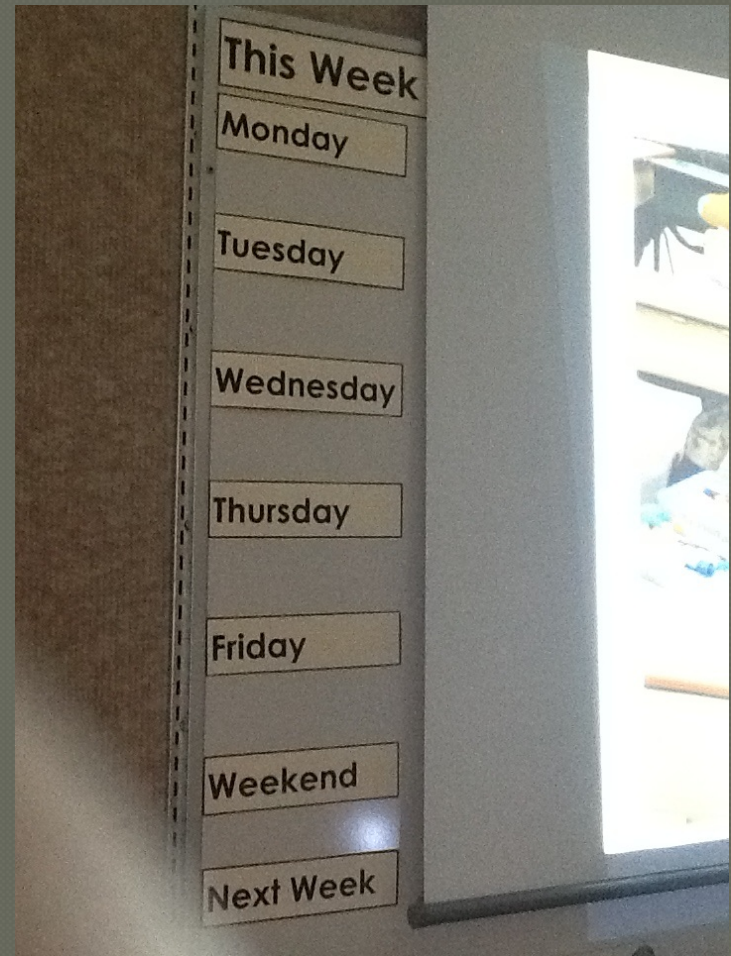




# Individual and classroom visuals to support learning



# Calm colour choices for walls and visuals used within the classroom





# Visuals to gage students current level of functioning regarding self regulation.



# Low Cost Solution and Suggestions

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- Work on stomach / lie on trunk
- Project based learning that allows for movement
- Stand-to-learn spot in the class
- Sit backwards on a regular chair for sensory input
- Wool on chair or desk
- Foot stool at carpet / bean bag chair at edge of carpet
- Sit with back against the wall to support core
- Donated rocking chairs and exercise bikes in the classroom
- Kneel on carpet
- Use a study carrel for quiet work space
- Outside 'Playground Coaches' instead of supervision...lead and model activities for students! Prevention vs. reaction