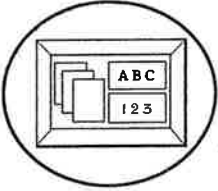
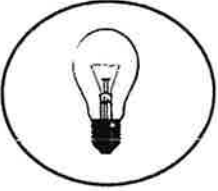

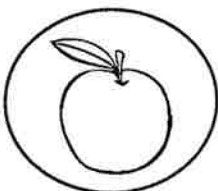




Classroom Environment Checklist

When designing a classroom environment, you must take into account stressors that may be present that can impact a child's learning and behaviour. Using the checklist below, identify what you have in place and what you can strive towards to make your classroom as Self-Reg friendly as possible.

Stressor	Classroom as the "Third Teacher" Examples
<p>Visual Clutter</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> All surfaces (e.g. desks, shelves) in the classroom are free of excess clutter <input type="checkbox"/> Walls and bulletin boards are organized with information grouped simply <input type="checkbox"/> Desk sized copies of tools usually displayed on walls (e.g. number or letter lines) are available to students, and neatly put away when not being used <input type="checkbox"/> Desk top study carrels to reduce visual input when working at a desk <input type="checkbox"/> The floor is clear and clean
<p>Lighting</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Lighting is adjusted throughout the day according to the arousal needs of the classroom <input type="checkbox"/> Natural lighting is maximized where available <input type="checkbox"/> Fluorescent lighting is minimized where possible <input type="checkbox"/> Differently lit areas are available for students to access, based on their preferences (a bright area, and a dimmer lit area) <input type="checkbox"/> Curtains to create a darker area and use of lamps for ambiance
<p>Noise</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Excess noise is reduced where possible (e.g. weather stripping on doors) <input type="checkbox"/> Reverberation is reduced (e.g. carpets, egg cartons on walls) <input type="checkbox"/> Noise cancelling headphones or earbuds are available or allowed <input type="checkbox"/> Electrical humming from lights, heating/cooling vents, electronics, etc. is minimized <input type="checkbox"/> A non-startling noise used to indicate class change overs or breaks (e.g. a rain stick)
<p>Hydration & Nutrition</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Access to water at desk <input type="checkbox"/> Regular hydration breaks available throughout the day <input type="checkbox"/> Healthy meals served from the cafeteria <input type="checkbox"/> Encourage healthy snacks <input type="checkbox"/> Spare water and healthy snacks in classroom

<p>Seating Options</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> A variety of seating or standing options available (tick all available) <ul style="list-style-type: none"> <input type="checkbox"/> Standing desks or surfaces <input type="checkbox"/> Peddle desks <input type="checkbox"/> Stationary bike with an easel <input type="checkbox"/> Bean bag chairs <input type="checkbox"/> Couch <input type="checkbox"/> Carpeted open floor space <input type="checkbox"/> Students are able to use these options throughout the day
<p>Smells</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> No perfume <input type="checkbox"/> Minimize food smells <input type="checkbox"/> Scent free, or neutral scent cleaning supplies <input type="checkbox"/> Minimize smoking related scents

Other Considerations	
<p>Micro-environments</p>	<ul style="list-style-type: none"> <input type="checkbox"/> A variety of spaces within the classroom which promote/enable up- or down-regulation for students to self-select to meet their Self-Reg needs
<p>Teaching Students about Stressors</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Students understand how stressors can impact their energy and tension levels <input type="checkbox"/> Students know what is in place in their environment that help them <ul style="list-style-type: none"> <input type="checkbox"/> Up-Regulate <input type="checkbox"/> Down-Regulate <input type="checkbox"/> Students know the process, expectations and feel empowered to access any tool they need to support their self-regulation <input type="checkbox"/> Students know how to safely use all equipment available to them