



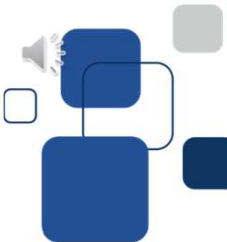
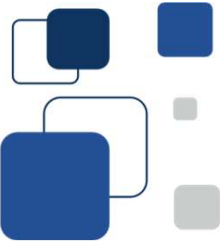
CAPSTONE 8003

Self Directed Learning

Marlo Hornsby MOTR/L | August 2025



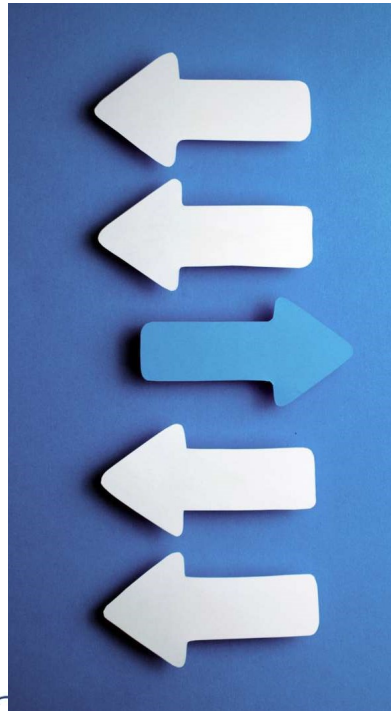
My Capstone project focuses on developing learning what preschool educators perceptions of how they use calming areas in their classrooms to support young children's self-regulation and emotional well-being.





Capstone Self Directed Learning

14 weeks



Week 1-2	Plan Development
Week 3	E-mentoring, finalization of plan
Week 4	Exploration of Social Emotional Frameworks
Week 5-6	Survey Monkey and Exploration of Literature
Week 7-8	Continued Literature Exploration and Continuing Education
Week 9-10	Continuing Education and Literacy of Capstone Project
Week 11-12	Visuals of Survey Creation and Emerging Trends
Week 13-14	Audiovisual Creation and Final Touches for Completion of Course



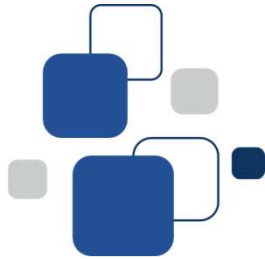
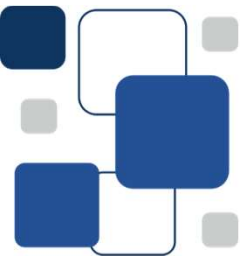


OT Practice

While calming areas are recommended in many early childhood programs, their design and use often vary widely due to limited educator training and a lack of evidence-based implementation strategies.

Occupational Justice

This project aligns with OT's role in promoting inclusive, meaningful participation for every child



Podcasts

Embedded in Early Childhood postcast

When searching for podcast content it was embedded into preschool content. A lot of podcasts briefly discussed the topic but did not specify where they learned how to create the space.

Podcasts

·Halloran, J. (Host). (n.d.). Create a calm down spot at home or school [Audio podcast episode]. Calm and Connected Podcast. <https://www.janinehalloran.com/podcast/create-a-calm-down-spot-at-home-or-school>. Accessed June 1, 2025.

Podcasts

·Adventures of Curiosity Cove. (n.d.). Calming Corner Episode 1: Feeling misunderstood [Audio podcast episode]. Podtail. <https://podtail.com/en/podcast/adventures-of-curiosity-cove/calming-corner-episode-1-feeling-misunderstood/>. Accessed June 1, 2025.

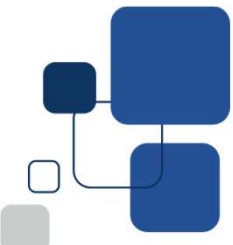


World Wide Web Extensive Search

Multiple websites were explored during the exploration of calming spaces


Keywords used

Calming corner, sensory space, preschool, peace corner, preschool education design, enviornmental design



Findings

While there is a multiple sites that mention and discuss how to create calming spaces in classrooms there was very few sites that referenced evidence based practice.





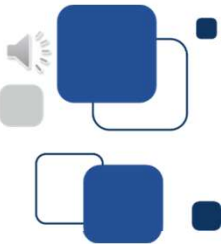
Updated Literature Review

New literature was evaluated and an updated annotated bibliography was created.



Significant Trends

Social-emotional development, self-regulation, and resilience are supported by early childhood practices that create safe, predictable environments where children can learn through play and engage with trusted, nurturing adults.



- Online Continuing Education
- Presentations
- In person events
- Peer support from mentor advisors



Survey

Interpretation of Results

Individuals who completed the survey had years of experience

Music was one of the least used modalities

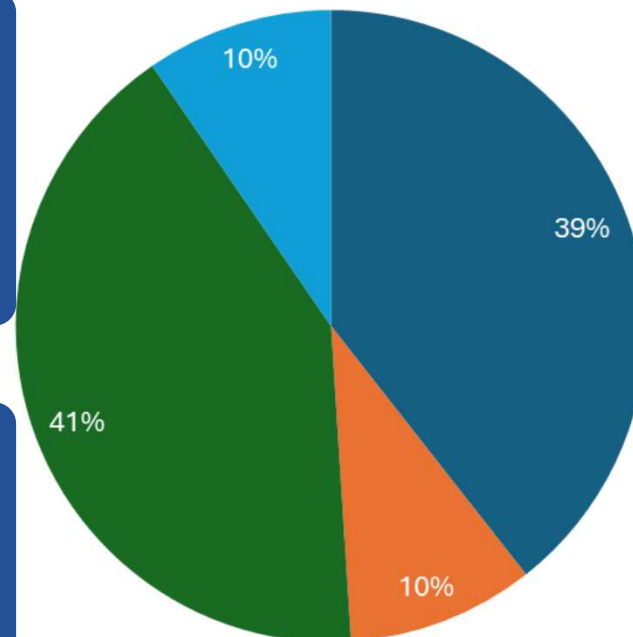
41 percent created the space informally only ten percent from an consultant or therapist

Practical Implications

Realized that I should have asked a few different questions to garner further knowledge,

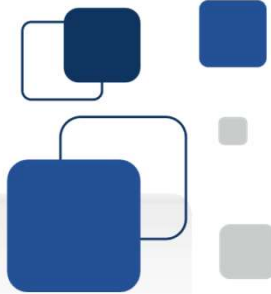
Have started to evaluate next steps

Calming spaces in WV don't appear to be created with evidence based practice.



- Based on specific guidelines or research-based principals
- Implemented based on recommendations from a therapist or consultant
- Informally created based on classroom needs
- Other

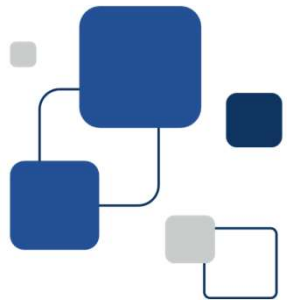
Occupational Therapy



- Forum
- OT practice
- Free continuing education



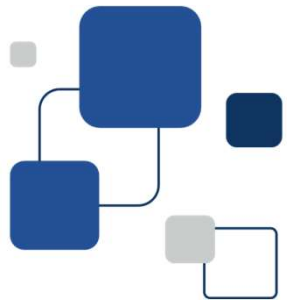
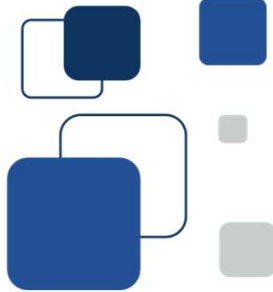
American
Occupational Therapy
Association





Challenges and Solutions

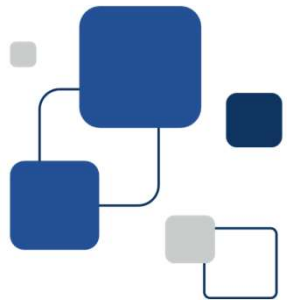
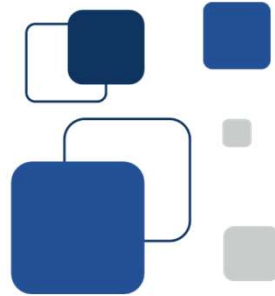
- **Demonstrated perseverance in maintaining focus and progress throughout the project.**
- **Navigated potential distractions and avoided getting sidetracked by unrelated topics.**
- **Maintained awareness of the need to stay aligned with the capstone's objectives.**
- **Gained multiple new insights and valuable information that will strengthen the capstone's development.**

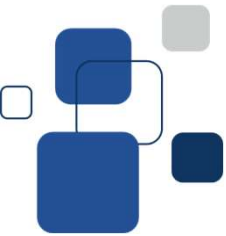


Next Steps

Complete collection and analysis of educator survey responses.

Use survey findings to shape and refine training content, ensuring it reflects real-world needs and classroom contexts.





Conclusion

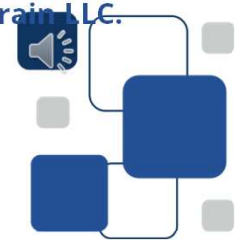
**If children feel safe, they
can take risks, ask
questions, make mistakes,
learn to trust, share their
feelings, and grow.”**

— Alfie Kohn





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Self Directed Learning

THANK YOU

Marlo Hornsby MOTR/L | August 2025

