

# Calming Corners In Preschool Setting: Educational Staff Perceptions of the Efficacy of Use

This project explored preschool teachers' understanding and use of calming areas in early childhood classrooms. Limited guidance exists on how calming areas support emotional regulation and challenging behavior

# 198 Survey Respondants

Calming corners were perceived as an effective strategy for supporting emotional regulation and reducing outbursts.

## Key Findings

# 85%

Use a Social Emotional Framework N=198

Respondents identified two main challenges

Inadequate tools/resources  
Limited training/PD



# 70%

n=198

of calming spaces are  
Funded by Teachers

**The survey identified a critical gap in teacher training and classroom practice**

## Areas for Future Development



**Provide targeted PD to support effective use of calming spaces.**



**Increase staff buy-in by involving teachers in planning and implementation.**



**Ensure consistency with clear expectations and accessible resources.**

## Most Common Items in Calming Spaces

- Seating 181 (24%)
- Fidgets 174 (23%)
- Weighted Lap Pads or Blankets 98 (13%)
- Noise Reduction Tools 61 (08%)
- Visual Aids 171 (22%)
- Music 20 (03%)
- Other 55 (07%)