SENSORY™ solutions

regulation spaces CHEAT SHEET



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tips for use

Whether you call it a cozy corner, zen den, or reset station, this cheat sheet will help you and your students make the most of a dedicated regulation space.

- Print this cheat sheet out and keep it by your desk.
- Remember, some students still need lots of co-regulation before they can use this space well.
- Periodically review this sheet to be sure you are setting everyone up for success.
- Don't give up! If students use the space too much at first, it usually resolves in 4-6 weeks and becomes more of an as-needed spot.

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Regulation Spaces



INTRODUCE
the space to all students



PRACTICE
using the space properly: choosing a tool or strategy, reflecting, and returning to the class without disrupting others



PROVIDE STRUCTURE
and set reasonable limits with a visual timer



MODEL
using it respectfully and then getting back to work

KEEP THE SPACE POSITIVE
no teasing, shame, force, or using it as a punitive time-out





REMEMBER...
students who struggle with self-reflection will need extra support

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