



### Cosy Spaces

Lots of little cosy spaces within the environment for children to self-regulate. Use of fluffy throws, blankets and cushions to create a home from home feel.

### Lighting

Fairy Lights, festoon lights and lamps are a great way to create a calm environment, lower the ceiling height and create a soothing feel where children feel safe and nurtured.

### Sensory Supports

Basket of fidget toys available for children to self-regulate if needed. Outdoor resources such as bubbles and rainsticks provide distraction and comfort.

### Safe Spaces

Designated safe spaces which children can use if they become heightened. Effective use of adults to co-regulate and model use of area to calm.

### Music

Use of classical/ acoustic music to create atmosphere of calm on entry/ in provision. Also useful to use to aid key transitions to help children to remain regulated..

### Stories

Varied stories within Continuous Provision that are based around children's emotional development.

### Use of voice

Deliberate use of quiet voice by adults within continuous provision to ensure that children who are sensitive to loud noise are helped to remain calm.

### Emotional Check in

Use of pebbles and self registration as opportunity to also check in emotionally on entry.



