

HOW TO CREATE A QUIET ROOM

Each quiet room will be unique to the availability of space in your community. The key is for the space to offer a calm respite from feeling overstimulated or stressed out. Some considerations:

SOUND

- First up, keep it quiet so you can unplug and relax. No one wants a room next to a playground, right? Try out a noise machine with chill sounds like white noise, waves, or rain.

COLOR

- Colors impact your mood. Go for cool or neutral vibes in your space – they're all about that calmness. Steer clear of wild red or crazy multicolored walls.
- Consider soothing lighting options like lava lamps, projectors (ocean, sky), and salt lamps. Dimmable lights are great for personalized comfort. Avoid flickering lights for a consistently tranquil atmosphere.

SIZE

- Ensure the room is large enough to not induce feelings of claustrophobia.
- Strapped for space? You can section off an area in an existing quiet room, like a library.

SMELL

- Consider providing the option of aromatherapy. This can include scented candles, essential oil diffusers, or room sprays. Some smells may elevate perceived well-being. Note: some scents can trigger headaches and migraines! some calming scents include: lavender, chamomile, rosemary, clary sage, lemon, orange, jasmine, sandalwood, frankincense, ylang-ylang, peppermint, bergamot, and cedar.

OBJECTS

- If you're feeling overstimulated, it can be helpful to focus attention on specific feelings or experiences. Offer options for manual manipulation such as Play-Doh, stress balls, fidget spinners, or even shaving cream.
- Make sure the room has comfortable places to sit, like a couch, bean bags, cushions or a sensory rug.
- Include nature- plants (real or fake) to create a calm space.

A quiet room will be unique to your community and the needs of those who will have access. It is always a great idea to ask what would make the space more comfortable and safe!

