

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

- Ensure the space is relatively quiet so the youth can effectively unplug. Sounds of screaming can be unsettling, so try to have the quiet room away from a playground or gym.
- Try a noise machine that creates calming sounds like white noise, waves or rain.

COLOR

- Colors can affect our moods. Allocate a space with neutral or cool colors as these promote feelings of calmness. Avoid red or multicolored walls.
- Lights can be soothing. Look into options like lava lamps, ocean or sky projectors or salt lamps. Lights on dimmers are also a great option, as each user can choose what they are most comfortable with.
- Avoid lights that flicker.

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 or essential oils. Some smells may elevate perceived wellbeing. Note: some scents can trigger headaches and migraines in some children and youth.

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 playdoh, 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.

The young people in your community will know their needs best. Ask them what would relax them and ensure they have options when they retreat to the Quiet Room, without it feeling cluttered.

