

VIRTUAL CALM DOWN CLASSROOM TIP SHEET

WHAT IS A VIRTUAL CALM DOWN CLASSROOM?

Virtual Calm Down Classrooms are a visual virtual support that can be used to promote self-regulation strategies. Virtual Calm Down Classrooms provide links to various online activities, using Google Slides, that can provide embedded opportunities for learners to take breaks from virtual instruction and engage in self-calming strategies. Links could include mindful breathing activities, calming visuals, body movement videos, live animal cams, or other learner preferences. These virtual classrooms can be designed for any age level and used during both remote and in-person instruction.

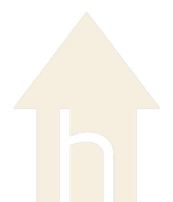


HOW DOES A VIRTUAL CALM DOWN CLASSROOM PROMOTE INCLUSIVE AND EQUITABLE CLASSROOMS?



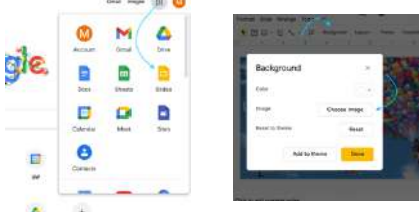



The goal of any Virtual Calm Down Classroom is to provide easy access to self-regulating activities for all learners. The demands of online learning can be great, and *all* children benefit from breaks. Virtual Calm Down Classrooms can be aligned with student's social emotional goals and/or used as an antecedent strategy for challenging behavior. Research shows that providing choices, incorporating learner's preferences, and using visuals reduce challenging behavior and increase engagement. Virtual Calm Down Classrooms are one way to support social and emotional learning online.

You might include

- Yoga videos
- Guided meditation
- Zoo and aquarium live cams
- Coloring pages
- Puzzle activities
- Calming visual videos
- Movement activity
- Music videos



HOW CAN I USE A VIRTUAL CALM DOWN CLASSROOM IN MY PROGRAM?

<p>1. Determine learners' interests and potential online calming activities students would be motivated to use. These could be students-specific or things that the whole classroom community would enjoy.</p>	
<p>2. Collect images related to those interests and save them to a folder.</p>	
<p>3. Open a new Google Slide and decide on a related background image.</p>	
<p>4. Arrange the images on the slide.</p>	
<p>5. Select the image and insert the corresponding link.</p>	
<p>6. When you are ready to share...</p> <ul style="list-style-type: none"> • Select File • Select Publish to the Web • Copy the link created • Share with your students 	
<p>7. Teach learners how to use the Virtual Calm Down Classroom by modeling, encouraging them to take a break, and practicing self-regulation skills.</p>	