

QUIET SPACES

The quiet spaces that practitioners create both indoors and outdoors can empower children to self-regulate and discover strategies that can help them to understand and communicate their thoughts, feelings and emotions.

Designated, continuously available quiet spaces help promote children's wellbeing, providing opportunities to relax, reset, feel safe and regulate emotions as they rest, reflect, and engage in solitary play.

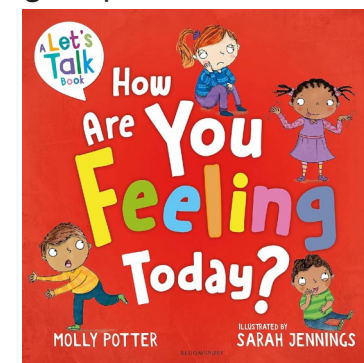
The design of quiet spaces can be unique, varying to meet the needs of the children within the setting.

Quiet spaces can provide opportunities for children to engage in schematic play, such as enclosing and enveloping.



Literacy

When used in relation to self-regulation, the quiet space offers a more intimate and secure area for talking and listening, especially around vocabulary related to emotions and feelings. This can be an invaluable space for children, particularly those who may find it difficult to engage in larger group conversations.



The quiet area offers possibilities for children to engage in books and stories on a more individual basis.

Resources such as books, props and visuals relating to emotions can support children to understand that text has meaning.

Maths & Numeracy

Involving children in the creation of a quiet space supports exploration of size, shape and capacity. This can include discussion around how big an area is and the size and number of resources required.

Other

The quiet area can support children to develop respect for and understanding of others' feelings, beliefs and values. In addition to being an area where children take time for themselves, it also nurtures awareness of others and fosters respect for their use of the shared space.

CURRICULAR & DEVELOPMENTAL

Health & Wellbeing

Being in a quiet space supports children to reflect on and develop awareness of their feelings and emotions, helping them to understand how these can make their bodies feel and ways in which they can impact their interactions with others.

Emotional exploration can support the development of empathy as children learn to recognise and understand other people's feelings.

Quiet spaces enable children to take time to themselves, relax and 'simply be.' Rest and relaxation are central to wellbeing and should be valued.



ROLE OF THE ADULT

A quiet space is commonly an area where children explore their emotions. Practitioners should remain sensitive to this, ensuring they adopt a nurturing approach, using quality interactions to support children to understand their feelings and develop self-regulation skills.

It's important that practitioners model appropriate use of the quiet space. Speaking in a soft, calming, nurturing voice and emphasising the purpose of the quiet area can encourage children to value and respect the space.

Practitioners should observe the area regularly, remaining mindful of who is using it and sensitively offering support when necessary.

The quiet area should be inviting, uncluttered and well maintained. Thoughtfully selected resources can help to create a calm, tranquil and relaxing atmosphere.



RESOURCE IDEAS

Soft furnishings: cushions, drapes, blankets

Sensory resources: textured materials, fidget toys, squeeze objects, mirrors

Books & story props

Soft toys & comforters

Soft lighting

Resource storage



REFLECTION POINTS

- What strategies or approaches are used to support children who use quiet spaces for emotional regulation? For example, de-escalation techniques or naming emotions. Are these approaches used consistently across the Team?
- Is the purpose of quiet areas valued and understood? Are these spaces appreciated as an important aspect of core provision with unique qualities and benefits?

ROOM STRUCTURE & LAYOUT

Quiet spaces can be threaded throughout the learning environment, both indoors and outdoors. These can consist of a welcoming picnic blanket in an uncongested part of the garden, a cosy sitting area, or a partially enclosed structure that provides children with a sense of privacy.

To preserve a peaceful atmosphere, quiet spaces should not be situated near loud, energetic, high-activity provision areas, such as Block Play or Woodwork.



Did You Know?

Following the introduction of 1140 hours, children typically spend more time at nursery.

Quiet spaces provide children with opportunities to operate at their own pace, and negotiate the ebb and flow of the day.

