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NE40143

BUYING GUIDE

Create the ultimate calming corner

Calm corners offer a quiet space in your classroom where students can go to relax, reduce sensory input, and regulate their emotions. This strategy has been shown to reduce poor behavior and help students get back to learning faster. Use the resources in this guide, including all-in-one kits, portable student kits, and the most popular tools that help reduce stress and anxiety, to create a calming corner your students will love.



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NE40410

Calming Corner Kits

If you want to create a calming space in your classroom but don't have time to search for a variety of tools, look for options that come ready to use right out of the box, such as these popular kits that include a variety of materials.

Calming Corner Kits	
Product No.	Description
NE40142	Nasco Calming Corner Standard Kit
NE40143	Nasco Calming Corner Deluxe Kit
NE40410	Calm Caterpillar® Calm Down Corner Kit

Timers	
Product No.	Description
SN02546	Time Timer® Original 8" Visual Countdown Timer
TB21446	5-Minute Sand Timer



Portable Student Kits

If you have limited space but still want to find ways to help students decompress, consider giving each student their own portable calm-down kit. With these traveling resources, they can practice self-regulation at school, at home, or anywhere!

Portable Student Kits	
Product No.	Description
NE40148	Nasco Quiet Bag SEL Kit
NE40156	Nasco First Aid Classroom Kit: Student Mental Health for Grades K-5
NE40157	Nasco First Aid Classroom Kit: Student Mental Health for Grades 6-12
NE40158	Nasco First Aid Individual Kit: Student Mental Health for Grades K-5
NE40159	Nasco First Aid Individual Kit: Student Mental Health for Grades 6-12



NE40156



NE40159



NE40157





SN02929

Fidgets

Fidgets have exploded in popularity over the last couple of years, making their way from the counselor's office into the classroom, where they provide a positive outlet for students' restlessness. When used appropriately, these small items can provide a nondisruptive outlet for excess energy or nervous habits and help bring attention back to the learning task.

Fidgets	
Product No.	Description
SN02929	Nasco Silly Sensory Kit, Set of 12
SB18426	Rainbow Pom Ball
SN36763	Wee Critter Puff — 2½" dia.
NE40380	Bouncyband® Flick Sticks, Pack of 10
SN36387	Boinks Fidgets® Sensory Fidgets, Pack of 20
SN37103	Mini Sensory Twist and Turn Set of 3
NE40375	Smiley Face Foam Stress Balls, Pack of 12
SN36455	Fidget Fun Set 1
SN36978	Fidget Fun Set 2



SB18426



SN36763



NE40380



SN36387



SN37103



NE40375



SN36455

SN36978

Sensory Furniture

Integrating sensory experiences into the seating in your calming corner is a great way to provide instant relief to dysregulated students. Active seating offers movement that provides a calming effect, helping to reduce stress or anxiety levels, and resources such as the black-out tent reduce sensory stimuli when students are overwhelmed. This provides a comfortable learning environment that's more conducive to learning.

Sensory Furniture	
Product No.	Description
SN37192	Sensory Black Out Tent — 58" x 58" x 46"
NE40385	Bouncyband® Indoor Framed Sensory Dark Den — 39" x 46" x 57"
NE40178	Bouncyband® Portable Wiggle Seat Sensory Cushion — 13" dia.
SN37244	Bouncyband® Wiggle Seat Little Sensory Cushion — 10¾" dia.
Z51212	Bouncyband® Sensory Soft Squeeze Seat — 28" x 26" x 9"
Z42471(A)	Jumbo-Size Highback Beanbag Chair, Red — 107" circumference
Z42471(C)	Jumbo-Size Highback Beanbag Chair, Blue — 107" circumference
SN36990	American Plastic Toys Scoop Rockers, Set of 6
NE40378	Bouncyband® Inflatable Comfy Peapod — 60" L



SN37192



NE40385



NE40178



SN37244



Z42471(A)



Z42471(C)



Z51212



SN36990



NE40378

Sensory Tools

Sensory tools can provide a controlled and predictable sensory experience for students who struggle with overstimulation. When used proactively in environments where you anticipate a student will feel overstimulated, they can act as a preventive measure, reducing the likelihood of the student reaching overwhelming sensory thresholds. In turn, this leads to fewer behavior problems in the classroom.

Sensory Tools	
Product No.	Description
NE40409	Calmee the Caterpillar Deep Breathing Tool
NE40295	Manimo® Weighted Plush Dog, 4 lbs.
SN36363	Weighted Cuddly Companion, Bulldog, 2 lbs.
NE40382	Bouncyband® Soft Fleece Weighted Blanket, 7 lbs.
NE40377	Bouncyband® Plush Sensory Lap Pad, Dog, 5 lbs.
SN36374	Weighted Lap Pad, 3 lbs.
SN36450	Sensory Liquid Motion Bubble Set
Z51211	Gel Floor Tiles, 20" x 20", Pack of 4
SN36769	Hamilton Buhl™ Noise-Canceling Dual-Use Headphones



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