

Action Plan for Creating Calm Surroundings

What are my plans for creating a calming atmosphere?		
Recommendations	Presently Doing	Strive to Do
Allot time to spend in nature for its calming effect.		
Consider the wall colors of the rooms in my home and classroom.		
Incorporate calming music while relaxing.		
Limit florescent lighting use in my home and classroom.		
Seek sources of natural light.		
Select essential oils that can provide aromatherapy.		
Build an aquarium or use an aquarium screen saver at school.		
Spend time in a sunroom or porch.		
Convene class outdoors from time to time to provide students with a calming, novel environment in which to learn.		
Goals and Notes:		