

Safe Classroom Environment Checklist



Social Well-Being

- Create a showcase wall to hang and rotate student work
- Prepare sensory items or decompression areas to accommodate different needs
- Set up a classroom 'nest' or plan recurring nesting activities
- Encourage inclusive language and celebrate student differences
- Use restorative circles and emotional check-ins to build connection

Physical Well-Being

- Arrange furniture to support visibility and movement
- Ensure access to calming spaces or decompression zones
- Use soft lighting and natural elements to create a welcoming atmosphere
- Provide flexible seating options to support comfort and focus
- Keep pathways clear and accessible for all students

Mental Well-Being

- Incorporate mindfulness or emotional check-ins into your routine
- Provide tools for self-regulation (e.g., breathing cards, emotion wheels)
- Encourage reflection and growth mindset practices
- Use visual schedules and predictable routines to reduce anxiety
- Model emotional regulation and empathy in your responses