

Create a quiet space

 60 minutes

Objective

- *To help participants design personal quiet spaces that promote sensory rest and calm, enabling them to recharge and restore their mental and emotional balance.*

Materials needed

- Comfortable seating (bean bags, cushions, or chairs)
- Blank paper or sketch paper
- Pens or markers
- Calm, instrumental music (optional)
- Aromatherapy diffusers or scented oils (optional)
- A variety of items for sensory engagement (e.g., textured fabrics, stress balls, calming images)
- Printable quiet space planning templates (See [Annex 1](#))

Tool Description

This workshop helps participants imagine, design, and plan a personal quiet space for sensory rest. Through visualisation, creative design, and discussion, they identify calming sensory elements, such as sounds, scents, textures, and lighting, and create a practical plan to bring this space to life, supporting mental clarity and emotional balance.



Instructions

1. INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Sensory Rest**
- Introduce the importance of **Creating a quiet space** as a practice and let participants know this will be the main focus of this module.

2. Guided visualization (15 minutes):

- Lead participants through a visualization exercise where they imagine their ideal quiet space. Encourage them to think about each of their senses and how they feel in this space.

3. Design your quiet space (20 minutes):

- Provide paper and art supplies for participants to sketch or outline their designed quiet space, incorporating sensory elements that promote calmness (e.g., scents, sounds, textures).
- Encourage them to think about how they can create this space in their home or workspace.

4. Sharing and discussion (15 minutes):

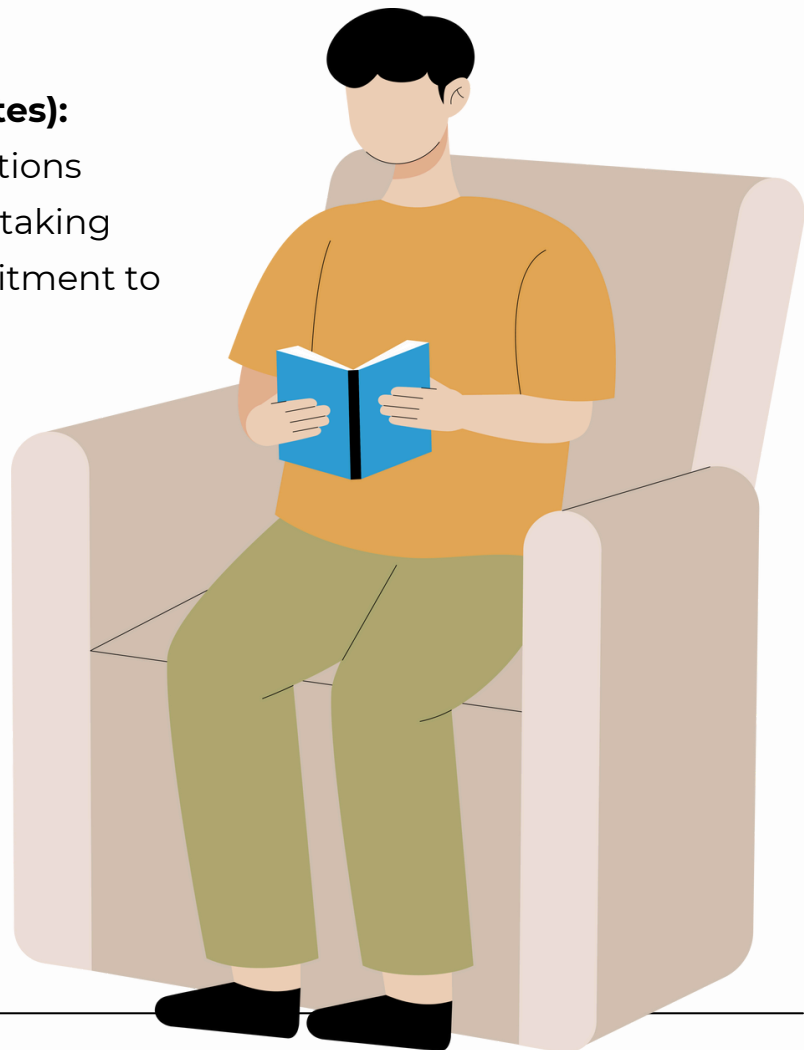
- Invite participants to share their designs and discuss the sensory elements they chose.
- Facilitate a group discussion on the challenges they face in achieving quiet spaces in their daily lives.

5. Personal Action Plan (10 minutes):

Ask participants to outline actionable steps to create their quiet space, such as choosing a designated area, using calming colors, and incorporating sensory items.

6. Closing and affirmation (5 minutes):

Wrap up the workshop with affirmations centered around the importance of taking time for sensory rest and the commitment to creating their quiet spaces.



Reflection questions

- What sensory elements do you find most calming for your quiet space?

Almost everything will work again if you unplug it for a few minutes, including you.

- How do you envision using this space in your daily routine?
- Were there any new ideas or inspirations you gained from this workshop?
- What obstacles do you anticipate in creating your quiet space, and how might you overcome them?
- How do you feel about the importance of having a designated sensory rest area in your life?



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Annex 1 - Quiet Space Planning Template

Space Overview

1. Location

Where will your quiet space be?

2. Size

(e.m the aproximate size of your senses an outdoor area)

Sensory Elements

3. Visuals

What colors, decorations, or artwork will create a calming visual environment?

4. Smell

What scents will you incorporate? (essential oils, candles)

5. Touch

What textures will you include for comfort?

6. Taste

Will you have any beverages or snacks that promote relaxation?

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Will you have any beverages or snacks that promote relaxation?

Functional Elements

8. Seating

What type of seating will you use? (chairs, cushions, bean bags)

9. Additional Items

What items will enhance your quiet space? (books, journals, stress-relief toys)

10. Lighting

What kind of lighting will you incorporate? (soft ambient tighting, fairy lights)

Action Steps

11. Steps to Create Your Space

List the actionable steps you need to take to make your quiet space



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