

Creating a Quiet Area in the Preschool

A designated quiet area in the preschool can provide children with a space to relax, reflect and have time to themselves. According to Aistear's theme of Well-being the adult 'plans quiet times and sets up a space for thinking and reflecting'. Including a quiet area can help children to self-regulate. It may be helpful to consider the following before you make this addition to your room:

The needs of your children: You know your children and their needs in the preschool. The size of the quiet area and the materials to include can vary depending on the needs of your children. The ways in which you expect the children to utilise this area is also a factor to consider—is it a sensory area, an area of reflection, a place to read a book or a mix of uses.

Location of Quiet Area: Where you put the quiet area can determine how successful it is and the way in which it is used. For example, placing the quiet area alongside the construction area could mean a lot of activity and like wise alongside the music area may be very noisy. Perhaps placing the quiet area in proximity with the reading corner may be a good fit. Also it may be useful to consider the flow of traffic in the room. Placing the quiet area away from busy, bustling sections can create a calming atmosphere in the quiet area. For more ideas on what to consider when changing the environment see ['Creating and Using the Learning Environment'](#) from the Aistear Síolta Practice Guide.

Materials: Once you have defined the purpose of the quiet area you can choose the materials. Children love to feel hidden so small areas can feel safe and snug. However, it is important that children can still be observed safely. Soft blankets, cushions, beanbags, fairy lights, battery operated candles, plants, flowers etc are some items you may wish to consider. All materials will need to be washable. Children can make their own [sensory bottles](#) to include in the quiet area. The options are endless and you can find more ideas for materials [here](#).

