



**A collaboration toolbox to build a school for all”
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Work Station/Safe Space in Class

One of our students has a special space within the classroom where he is able to go if he needs to cool down from an anxious or upsetting situation, or needs a quiet space to focus in order to get his work done.

When is the “work station” used?

- If the classroom environment becomes too loud
- When it is time to do his individual work
- “Choosing” time/ free time (reading, lego, putty)
- When he is anxious, angry, sad

It is important to have the option of separate work spaces and cool down/ safe rooms for all students in a school environment. As we gather together to discuss inclusive education, can you think of one student that would benefit from a space such as the “work station”? I think we could all benefit from a space such as this! Having this space for our students really benefits them, it helps to teach them that they do have options to remove themselves from situations if/ when they don’t feel comfortable. It should be the goal to get the students to be able to independently communicate the need (if distressed) or want (work/ choosing/ quiet time). These spaces are not always possible due to the lack of space in certain settings, but whenever possible I would encourage creating this space and using it appropriately.

Keyword: Autism, Safe Space, Work Space