



THRIVE™
BY MOORECO

Thrive At Peace:

Best Practices for Quiet Spaces

Quiet time can benefit everyone. From kindergarten classes to start-ups, spaces are provided for small children and adults to take time to rest and reflect during a busy day. But what about those in the middle? It's less common to see these reflection spaces in middle school and secondary education environments. But that may be changing.

■ When Peace and Quiet Meet in the Middle

Studies reveal that mindfulness practices [can benefit students](#) in a number of ways. Taking time to stop and breathe deeply can improve concentration, reduce hyperactivity, and enhance a child's ability to self-regulate their own emotions. Over time, this can lead to more resilient, social, and happy kids. Perhaps this is why "calm rooms" are gaining ground in many schools. The MooreCo design team had the privilege of being able to install one such space recently at Irma Marsh Middle School in Fort Worth, Texas. The Special Education department was in the need of a redesign, so designers Molly Cox and Christine

Cantrell stepped in to create a serene space for study and comfort.

■ It Begins With Color

Color can play an important role in room design. Moods can shift depending on the hue of a wall or the furniture used. For some, bright pops of red, orange, and yellow may inspire energy. But for rooms that are meant to soothe, serene colors are a better choice. Molly and Christine worked with the robin's egg blue walls and stormy gray carpet of the Special Education learning space to create an atmosphere of calm. Throughout the workspace and in the calm room are blues, grays, and platinum accents for learning and relaxing. Used in the secluded quiet space is plenty of soft seating in Silverweave Cyan and Zinc where students can recline, sit, lie on their bellies, or read.

■ Furniture to Stimulate and Soothe

The Special Education Department at Marsh needed a space that would facilitate learning for all. This

means the flexibility of including furniture that fosters both movement and support. [Hierarchy Grow Stools](#) are placed in the group learning areas, along with [Dot Rocking Stool](#). Both seats were designed to allow students with excess energy to move. The rhythmic motion creates a soothing sensation for students, helping them to focus and feel calmer. An [Avid Instructor Teacher's Desk](#) in Gray Elm is placed centrally in the classroom and paired with the [Hierarchy 5-Star Chair](#) in blue, giving all students access to the teacher. [Privacy Pods](#) in Silverweave Cyan are used in the space to allow students to work or study alone or in collaborative partnership with one other student. The raised borders along the Privacy Pods may help students who become easily overstimulated to focus on their work or the person they are speaking to. This flexible and dynamic environment is ideal for meeting the needs of all students and learning abilities.



■ Add in Soft Seating

It's always a good idea to have a calming space for educational environments. In a Special Education environment, it can be even more beneficial. Giving students who are overstimulated or in need of personal time or attention a calming corner may help them feel grounded. These rooms can be used to assist a teacher in providing one-on-one time, to be used as a meditation and breathing space for students, or for each student to have individual time to read or study. Molly and Christine created this tranquil space with minimal design, adorning the room with soft seating for reclining, reflecting, and reading. [Creator Soft Seating Triangles](#) are configured together to create a large, soft platform cushion for sitting or lying down. The [Pouf Stools](#) are used nearby, acting as individual soft seats for students to center

themselves. These seats help strengthen the muscles of the core, which is a key development factor for students with motricity and learning challenges. Providing a comfortable support seat is the [High Back Loveseat](#) in Silverweave Cyan. These pieces come together in simple arrangement to provide students a place to recalibrate when they become overwhelmed.



■ A Quiet Place for All to Enjoy

Creating environments that foster social-emotional wellbeing in students is a priority for MooreCo. Our space team worked hard to create a quiet room that will cater to the developmental needs of the middle school students at Marsh. Using a conscious combination of color, soft places to land, and flexible furniture, Molly and Christine hand-picked each item to suit the needs of the kids who will use and enjoy them. The future of learning includes spaces for down time, and the MooreCo team was happy to be a part of the creation of the new learning landscape at Marsh. ■



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