TUESDAY 10 NOVEMBER 2026

The planning begins for our calm corners



Took part	4	Facilitators	1
Where	Govt UP School Thamaraparambu , Fort Kochi	Club	Others
Run by	Olimalar Foundation and George P J	Facilitated by	George P J

Input

What went in
Pilot programme photographs and feedback, research references and photographs of proposed spaces.

Outside help
Principals and teachers helped identify possible locations.

Time
1 hour

Activity

A calm corner is a small, welcoming space where children can pause when upset or overwhelmed. With a teacher's support, they can use books, sensory materials and visual prompts to practise calming strategies before returning to classroom activities.

Evidence reviewed by J-PAL supports teaching emotional and social skills with adult support. A small classroom study also suggests calm corners may help students settle their emotions. This, alongside positive feedback from our pilot at BTS LP School in Edapally, encouraged us to explore the approach in two more schools.

Having already worked with St. Antony's LP School, Saudi and Govt UP School Thamaraparambu through our life-skills workshops and teacher training, we approached the principals directly. We introduced the idea, sharing the BTS setup, feedback, research and our process. Both principals and teachers welcomed the proposal and showed George possible spaces, which he photographed for planning.

Next, George will sketch a layout for each calm corner and visit local vendors to explore suitable materials and costs. Once the spaces are ready, we will train teachers and run a workshop with children on using them. We will share the journey here as the plans take shape.

Calm corner

Output

- 2 School visits, with possible spaces identified and photographed.

Outcome

Supportive Learning Spaces

Both schools welcomed the proposal and offered possible spaces, allowing us to move from introducing the idea to planning each setup.

(Participants told us)

Learnings

The visits highlighted the need to plan around existing furniture, storage and school routines. Alongside choosing materials, we need to agree with teachers how the corners will be introduced, how children will be supported and how feedback will be gathered.

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