

# QUIET AND RELAXATION CORNER

This is a space for anyone who needs to chill out a bit, especially if they're feeling overwhelmed. It's designed around the needs of autistic people, but everyone is welcome: what works for us can work for you too!

## **In the space you will find:**

- Chairs and cushions
- A big pile of lego to make things with
- Some "stimming" items (nice textures to play with)
- Colour communication badges to help show your communication preferences
- Some ear protectors and earplugs to help quiet the noise
- A few interesting books to read

## **Some guidelines for using the space**

- Anyone and everyone is welcome to use the space for as long as they want
- Talking is welcome, but please try not to be loud as some people may find this difficult
- Please check with people before touching them or sitting too close as some people may find this difficult
- Check people's communication preferences before chatting: if they're wearing a badge, make sure you know what it means

**THANK YOU  
&  
TAKE CARE**