

# Quiet Space

This is a calm space for rest, regulation, and quiet reflection.

It is open to anyone who needs a short break from noise, people, or sensory input.



## Please respect the Quiet Space rules:

### Do:



- Use the space quietly and respectfully
- Use headphones for music or audio
- Keep phone use silent
- Leave the space clean and tidy for others
- Return sensory items after use

### Don't:



- Hold conversations
- Eat strong-smelling or noisy food
- Use bright lights or loud devices
- Use the space as a social area

## Time Guidelines:

- Please limit use to 20-30 minutes per visit to keep the space available for others
- You're welcome to return later if needed



If you need adjustments or assistance, please contact:

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