

DESIGN FOR REGULATION

A Practical Toolkit for Environmental Clarity

Create spaces that reduce confusion, support independence, and do more of the work—so you don't have to.

This isn't about making your room look better. It's about making your space work better—for real students, in real conditions.

Use these tools to notice where the environment is helping—and where it's quietly creating extra work.

HOW TO USE THIS RESOURCE

Start with the Environmental Design Audit: Walk your space as if you're a student. Don't fix anything yet—just notice. Look for patterns, not one-off moments.

Use the Tools with Intention: Each printable is designed to help you think about a specific part of your environment:

- Audit Tools → Identify friction points
- Checklists → Refine and adjust specific elements
- Reflection Tools → Understand how systems feel from a student perspective
- Visual Frameworks → Make invisible systems visible

Choose One Focus Area: Don't overhaul your entire space. Pick one—a routine that feels messy, transition that falls apart, space students struggle to use independently. Then, use 1–2 tools, make one change, and observe what shifts.

What to Look For: You'll know the design is working when students ask fewer procedural questions, movement is smoother and quieter, you give fewer reminders, and students recover more independently.

Sensory Load Quick Scan

A fast check to see whether the environment is supporting regulation—or taxing it.
You're not looking for perfection. You're looking for unnecessary load.

