



DESIGNING CLASSROOMS FOR FOCUS

Calm spaces = better learning.

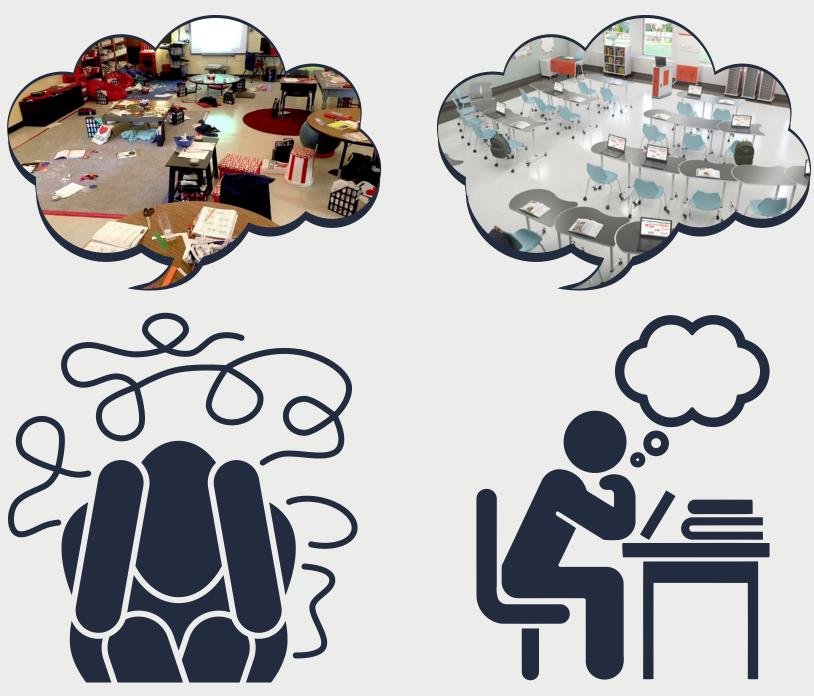


VISUAL NOISE

Too much clutter = distraction

Visual noise refers to excessive or chaotic visual input, like cluttered layouts, busy patterns, and mismatched furniture.

This can overwhelm students, causing fatigue, distraction, or even behavioral challenges.





SENSORY-FRIENDLY STRATEGIES

Nature indoors = calm minds

To help students self-regulate:

- Choose furniture with clean lines.
- Remove excess decorative distractions.
- Prioritize natural light.
- Keep visual consistency.
- Add natural textures, wood tones and organic shapes.
- Incorporate biophilic design principles.





WHY IT MATTERS

Calm spaces = confident learners

For sensory-sensitive students, the difference between chaotic and calming spaces can be life-changing.

Comfortable students are more engaged, participatory and successful.

Studies show:

• Better memory & focus.



- Less stress.
- Stronger resilience.



