



# DESIGNING CLASSROOMS FOR FOCUS

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*Calm spaces = better learning.*

Read more





# VISUAL NOISE

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*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

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*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

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*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.

