

# HOW CLASSROOM ENVIRONMENTS SHAPE LEARNING & WELLBEING

*Insights from Dr. Marc Berman on the Huberman Lab Podcast*





01

# Attention & Fatigue

Calm environments  
replenish mental  
energy and ease  
cognitive load.



02

Soft  
Fascination &  
Visual  
Complexity

Organic patterns  
restore focus without  
overstimulation.

A modern lounge area with teal and grey furniture, including a sofa and ottoman, and several potted plants. The room features large windows and a concrete floor. A dark blue circular overlay is positioned on the right side of the image, containing text.

03

## Duration & Dose

Small doses of restorative design boost focus throughout the day.



04

# Beyond Attention

Clutter-free, flexible  
spaces reduce stress  
and rumination.

YOU ARE EXACTLY  
HERE YOU NEED TO BE

05

# Physiological Impacts

Nature-inspired  
classrooms improve  
stress, mood, and  
long-term wellbeing.

06

# Classrooms that echo nature.

Balanced, adaptable  
furniture creates  
spaces for focus,  
restoration, and  
wellbeing.

Meeting  
at  
3.30 pm