

Comfort Audit

Step into a child's shoes and notice

I See

I Hear

I Feel

I Smell

anything else...

What small things might make a big difference to them?

Comfort Audit

- Supporting Notes -

The Comfort Audit is designed to help you view your classroom or other learning spaces from the perspective of your students. By stepping into their shoes, you can identify aspects of the environment that may support or hinder their comfort and focus. The goal is to make simple, student-centred adjustments that improve comfort, reduce anxiety, and enhance engagement.

Step into the Shoes of Your Students

- Choose a specific student to focus on, such as one with ADHD, an autistic student, or a student who seems generally anxious.
- Walk around your space as if you were that student. Consider what they might notice, hear, see, feel, and smell.
- Alternatively, explore different positions within the room (e.g., front, back, corners) to understand how the experience changes depending on where a student is seated.

Use the Prompts Provided

- The Comfort Audit sheet includes prompts such as "I see," "I hear," "I feel," and "I smell." Use these prompts to guide your observations.
- Think beyond the obvious. For example, a ticking clock, flickering lights, or a strong smell from cleaning products might not bother you but could be overwhelming for some students.

Engage in a Collaborative Approach

- This exercise can be more effective when done in pairs or small groups. Colleagues can walk through each other's spaces, offering fresh perspectives on potential sensory triggers or comfort enhancements.
- Consider inviting students to take part in the exercise. They can provide valuable, honest feedback on what works well for them and what doesn't. Be prepared for candid responses that might surprise you.