



Calming Space Social Narrative

A social
narrative for
using the
Heritage Library
Calming Space



DAKOTA
COUNTY
LIBRARY



Calming Space

This is the Calming Space at Heritage Library. This story is about what I can expect when I use this room at the library.



The Library

The library is a public place. Sometimes, the library can be crowded and loud.

Staying Calm

Staying calm at the library helps me to enjoy my visit. It makes me feel happy, which makes other people around me happy too.

If I start having other feelings, I can take a break. These other feelings might be frustrated, scared, anxious, sad, nervous, or overwhelmed.

I can take a break in the Calming Space until I feel calm again.



Accessibility Kit

If I have these feelings, there are tools I can use while I am in the library to feel calm.

If I want to use noise-reducing headphones, sunglasses, fidgets, or other supports while I am in the library, I can ask a librarian at the desk for the Library's Accessibility Kit.

When I done using them, I can return them to the librarian at the desk.





Finding the Calming Space

If I am looking for a place to calm down in the library, I can take a break and use the Calming Space. The Calming Space is near the Children's Area. A librarian can help me find the Calming Space if I do not know where it is.



Entering the Room

When I get to the Calming Space, I will look in the window to see if the room is free. If there is someone in the Calming Space when I want to use it, I can ask a librarian to use a study room instead. If there is no one using the room, I can open the door and take a break.



Calming Space Guidelines

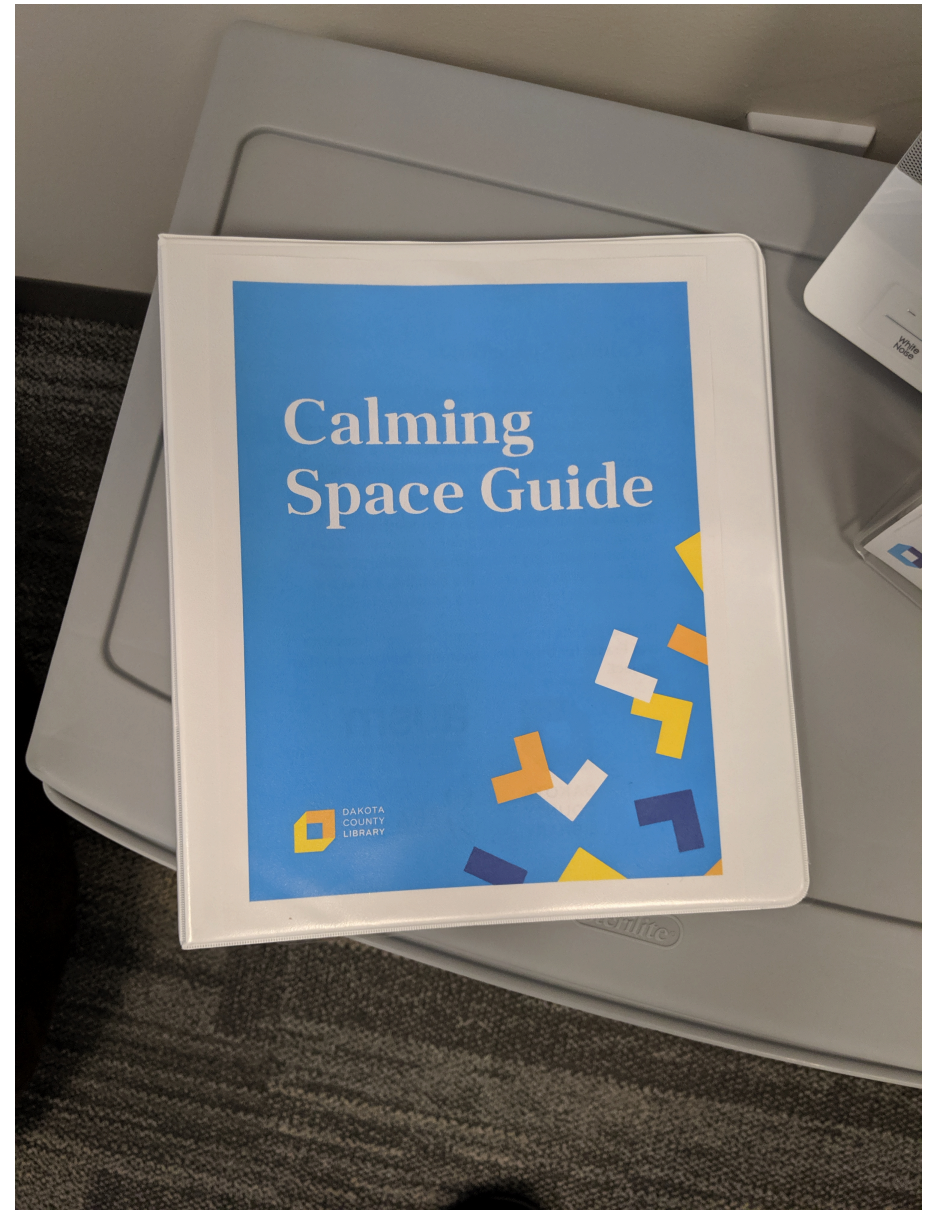
There are guidelines I need to follow when I am in the Calming Space. These guidelines help everyone stay calm and safe when they are in this room. I can find these guidelines posted on the wall of the Calming Space.

Calming Space Guide

There are many things in the Calming Space that will help me feel calm again.

I can use the Calming Space Guide to help me learn about all of the things that are available for me to use. This guide will help me find what I need to feel calm and where these items are stored.

Everything in the Calming Space is stored in their proper place so that it is easy to find for everyone.





Lights

I can change how much light is in the room by finding the light switch. I can turn the lights on or off.

Selecting and Using My Tools

Once I have found what I need to help me be calm, I can use it until I feel calm again.

I can choose more than one tool at a time. These tools are for everyone at the library to use to help everyone be calm.

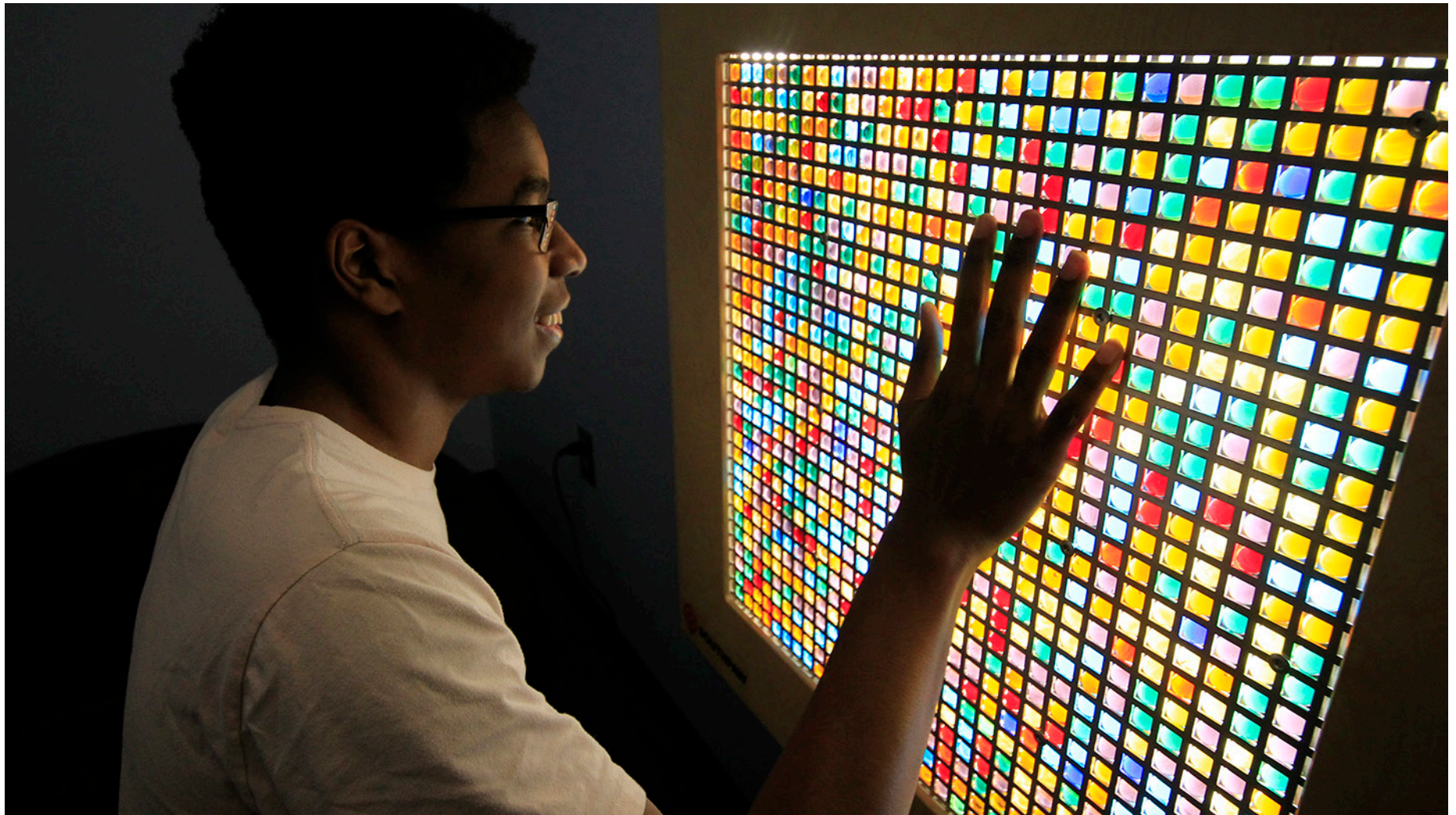
Everything I find in this room must stay in this room at all times. I will be gentle when using the items in this room.





Comfortable Chairs

This room has large bean bag chairs for me to sit in.



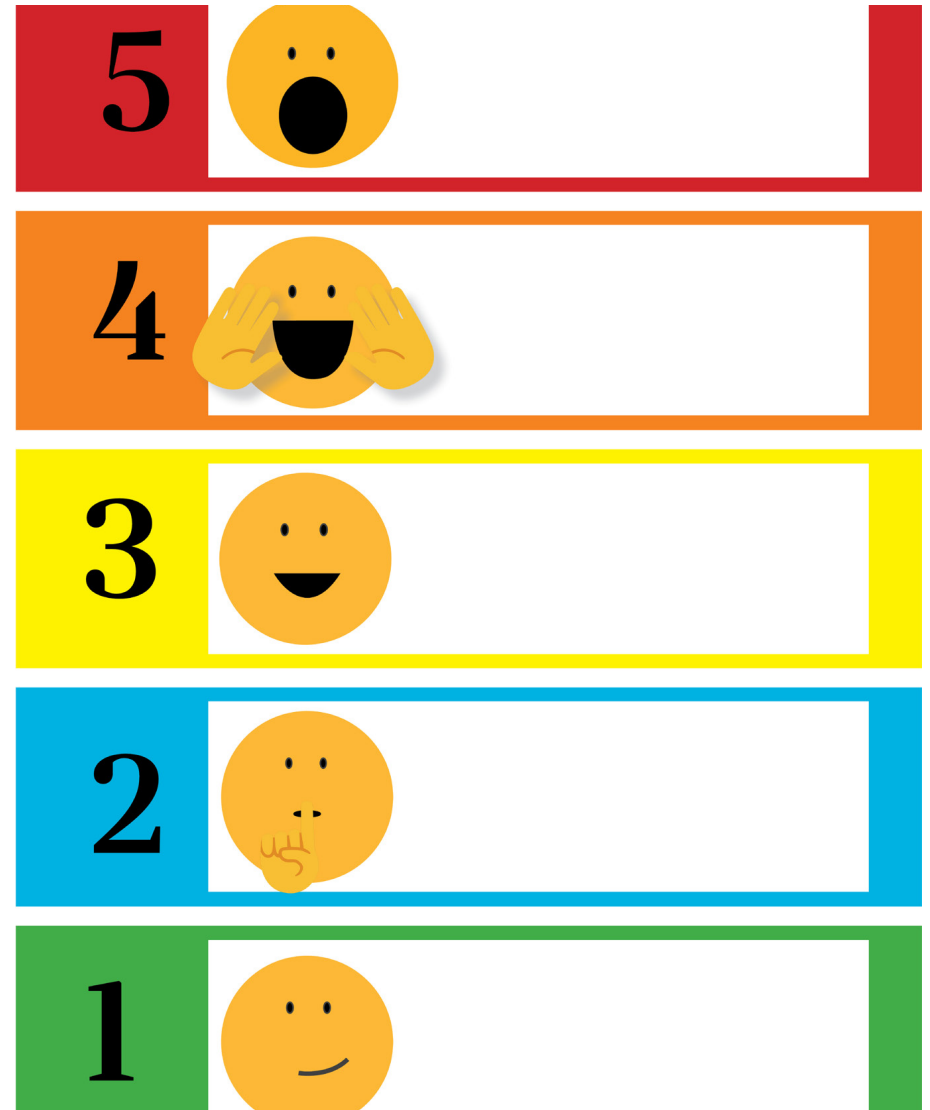
Marble Wall Panel

This room has a panel of marbles for me to use. I can see the different colors of the marbles moving around in the light. I can use my hands to feel the smoothness of the marbles. I can hear the sounds the marbles make when I use the panel.



Timers

If I need help waiting, I can use a timer to help me be patient and wait. I can ask a librarian to help me determine how long I need to wait until it's my turn.



Visual Schedules & Supports

I can use pictures or a 5 Point Scale to help me be calm.



Headphones

I can use headphones to make the room quieter.



Noise Machine

I can use the noise machine to listen to different sounds to help me feel calm.
I can choose from 10 different sounds to see which one helps me feel calm.

Putting Everything Away

When I am calm again and ready to leave the Calming Space, I will put everything away where I found it.

I can clean things off with a cleansing cloth. I can use the Calming Space Guide to help me learn where things go.

When I am done putting everything away, I will leave the room, turn the lights off, and shut the door.





Feeling Calm

Feeling calm helps me enjoy my visit to the library. My family is proud of me when I am calm at the library.

Acknowledgments

The Calming Space Social Narrative was created in partnership with the Autism Society of Minnesota and Fraser. Special thanks to both organizations their assistance and guidance on this project.

Furniture and materials purchased for Heritage Library's Calming Space were made possible by the Minnesota Department of Human Services Disability Services Innovation Grant.

Additional information about accessibility services available at Dakota County Library is available online. Visit www.dakotacounty.us/library and search *Accessibility*.





**DAKOTA
COUNTY
LIBRARY**

Our Vision

Dakota County Library acts as a catalyst, connector, and partner to empower residents to build a successful community.

Our Mission

Dakota County Library cultivates community, creativity and learning.

Our Values

We provide positive and welcoming experiences.

We act inclusively, valuing and respecting differences.

We are knowledgeable, engaged and culturally aware.

We value free and open access to information, community talent and technology.

