

## Sample Proposal

**1. Name of Project:** "Calm Corners: A Social-Emotional Support Space for 4th Grade Learners"

**2. Number of students reached by project:** 20 students - including students with special needs and enl students

**3. Age/Grade level to which project is directed:** 4th Grade (Ages 9–10)

**4. Brief description of the project:** This project aims to create a dedicated "Calm Corner" in our 4th grade classroom — a safe, soothing space where students can regulate their emotions, reduce anxiety, and refocus their attention during the school day. The area will include flexible seating, calming sensory items such as squishy toys and fidget bands, live plants to promote a peaceful atmosphere, and reward incentives to encourage the use of healthy emotional strategies.

**5. How is the project innovative or why is this an area of special need in your building or classroom?** Post-pandemic learning has increased emotional challenges in children. Many students are dealing with anxiety, stress, attention difficulties, and sensory needs that often go unaddressed in a traditional classroom setting. While academic intervention is common, social-emotional support resources are still limited. This project is innovative in our school because it intentionally creates an accessible and inviting space for students to reset emotionally—something that is currently not available in our building.

**6. What is the projected long-term effect of this project on your students, school, or district?** By helping students develop healthy coping strategies and emotional awareness now, we foster long-term resilience, self-regulation, and academic focus. This project will not only benefit the current class but also set a precedent for integrating social-emotional support into the classroom. With success, this model can be scaled to other grades or rooms in the building or district.

**7. a) What are the project's objectives?**

- Improve students' emotional self-regulation.
- Reduce disruptive behaviors due to stress, frustration, or sensory overwhelm.
- Increase time-on-task, classroom participation, and encourage mindfulness activities

**b) How will they be measured?**

- Pre- and post-project student surveys on stress management and emotional awareness.
- Teacher observations and behavior tracking (e.g., reduction in disciplinary incidents).
- Student reflection logs or calm passes to track use and effectiveness of the Calm Corner.

**8. Provide a brief timeline of project implementation/completion:**

- Week 1: Purchase materials from Amazon.
- Week 2: Set up the Calm Corner in the classroom; introduce expectations and use guidelines to students.
- Weeks 3–4: Begin usage and observation; introduce student tracking logs or reflection sheets.
- Weeks 5–8: Ongoing implementation, data collection, and teacher reflection.
- End of Term: Evaluate project effectiveness and determine sustainability.

**9. Have there been or are there currently similar projects underway in other classrooms or in your district? If yes, were the past projects successful? Why or why not? If not, what will make your project successful?** Not to my knowledge. Since no similar projects have been attempted in this setting, this project will serve as a pilot. It will succeed because it is designed to meet clear, present needs in a manageable and structured way. The materials chosen are age-appropriate, evidence-based for sensory and emotional regulation, and easily implemented.

**10. a) List an Itemized breakdown of all costs, include vendor information when applicable:**

Fidget/sensory tools (stress balls, pop-its) \$100 - Fidget Chair Bands \$60

Flexible seating options (Floor cushions) \$150 - Small live indoor plants/pots \$50

Calm lighting or lamp \$40 - Reward incentives (stickers) \$40

Student tracking/reflection journals \$ 30 - Totaling 470 + tax/shipping - Amazon

**b) State your Project Budget: \$500.00**