

Environmental & Material Resources Cheat Sheet

Quick supports that make learning more accessible for every student.

Environmental and material supports help students focus, organize, and engage by reducing barriers that get in the way of learning. Spindle knows you're not a magician (though you pull off some serious classroom magic). These tools keep that magic sustainable.



Environmental Adjustments

Tweaks to the setting, schedule, or routines to reduce stress and increase focus.

✓ Reduce Distractions

Seat student near teacher or positive peers • Use noise-canceling headphones or white noise • Limit visual clutter • Provide movement breaks

✓ Flexible Seating

Offer options like wobble cushions, standing desks, or floor seats

✓ Calm Zone or Break Space

Designate a "cool-down" spot with calming visuals or fidgets • Provide a visual break pass

✓ Visual Schedules & Routines

Post a daily visual schedule or first-then board • Use timers and clear transitions

✓ Structured Environment

Consistent rules and routines • Clear, labeled areas for materials

✓ Lighting & Noise

Use soft or natural lighting when possible • Avoid humming fluorescent lights • Reduce background noise

✓ Accessible Classroom Layout

Arrange pathways for wheelchairs, mobility aids, or proximity to instruction



Pro Tip

Match the tool to the function of the challenge (e.g., if anxiety = avoidant behavior, add structure, not punishment). Review supports every few weeks; if it's not working, swap it out guilt-free.