

## Seeds of Partnership Website Video Descriptive Text Transcription High Quality Early Learning Environment, HQELE

Key Element: Spaces

Lighting within Classroom Spaces

[http://www.seedsofpartnership.org/hqele/video/spaces\\_lighting.html](http://www.seedsofpartnership.org/hqele/video/spaces_lighting.html)

**(Description: Teacher Sarah sitting on couch in classroom)**

We use a lot of natural light in our classroom. We have two large windows and we always pull up the shades first thing when we get here because we think that's better than artificial light. It's more calming and soothing in terms of ambiance. We also have a lot of table lamps and floor lamps

**(Description: Panorama of room showing natural lighting, lamps, and overhead lights)**

so that there's actually, certain spaces can be highlighted through light or you could turn off the light if you don't want as much attention that way. We also have two overhead lights. And typically, we'll have those off or just keep one of them on so that it's not as glaring in the classroom

**(Description: Teacher Sarah sitting on couch in classroom)**

because I know that that can bother a lot of children. We do have children though that really are drawn to the light as well. So it's neat to be able to use that element in terms of individual goals and learning. We're pretty lucky here that we have a lot of natural lighting.

**(Description: Teacher Laura sitting on couch in classroom)**

Whatever can be done to bring in softer lighting, such as lighting from outdoors coming in through the windows reducing overhead lights. I've been in some schools where they don't have a lot of windows but they're just able to take the overhead lights down or off completely and use area lighting in different ways

**(Description: Shelf with a house lamp placed on top alongside a plant and framed photo)**

that can totally change the feel of a classroom. And so definitely lighting can affect mood and if you've worked in the field

**(Description: Teacher Laura sitting on couch in classroom)**

you can know that for children that turning the lights down does something and turning the lights up does something for children.