

Colors play a role in the emotional work of students

LOCATION: Special Education Center of San Juan de Dios (Granada)

DURATION: 1'39"

SUMMARY: A chromotherapy room meant to help emotionally stabilize students. The Special Education School San Rafael of Granada, pertaining to the San Juan de Dios Hospital, counts on this innovative installation that uses three colors helps emotionally stabilize the students that suffer from severe behavioral disorder. This has become a benchmark on a national level for the work it does with its students.

VTR:

The Special Education Center San Rafael of Granada has a unique factor that sets it apart from the rest. Those responsible for the center's work, innovatively decided to install a chromotherapy room. By means of three colors, the room helps emotionally stabilize the students that suffer from severe behavioral disorder.

Javier Conde
Director of the center

"We are the first center, educational center, in all of Spain to dispose a room of this type".

María José Sánchez
Psychologist of the center

"These students suffer when they have emotional outbreaks, therefore, negatively conditioning their lives. The need for a space like this, a chromotherapy room, arose from the idea of creating a space that will allow a child to return to his calm state on a physiological level."

The color green has a sedative effect, it reduces blood pressure, calms the nerves and rage. The blue has a cooling effect that in addition creates a sense of tranquility and peace. Lastly, the color purple helps reduce angst, phobias, and fear. It is a therapeutic method that has benefited many of its students in the center, and not just those with behavioral disorders.

Javier Conde
Director of the center

"To control some of the emotional outbreaks of the students, and to work on their relaxation and stimulation levels."

María José Sánchez
Psychologist of the center

"It has become a fundamental resource within the school, used by the professors to insure the wellbeing of our students. Not only is it for students with behavioral outbreaks, but also for those that have hyperactivity problems, nervousness issues, tics, and even for students without behavioral disorders but that still have mobility issues."

Therefore, the type of student that can assist these sessions is broad. A session that tends to last about 20 to 30 minutes.