

Virtual Calming Room

The Virtual Calming Room was designed to assist students in locating different strategies and tools for managing their emotions.

The Virtual Calming Room includes:

- Music
- Visual Relaxation
- Guided Meditation
- Journaling
- Animal Videos
- Puzzles & Games
- Coloring
- Yoga & Stretching
- Breathing Techniques
- Resources & Apps



Want to visit the Virtual Calming Room? Click [here!](#)