



**A VIRTUAL
CALM SPACE**

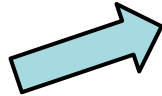
A RESOURCE FOR TEACHERS
AND STUDENTS

FOR TEACHERS

How to Introduce a Virtual Calm Space to Students

What is a virtual calm space?

- A resource that can be used by students who need a way to calm their mind and/or body



Who can use this?

- ALL students
- Tip: Share this slide deck with students

When can this be used?

- Anytime during the day
- Suggestion: Limit to 5 minutes

How-to Use this Resource:

- Introduce this slide deck to students whole group
- Introduce one NEW page each day with students (give Ss time to explore and learn how to use the resources)
- Review procedure for using this resource

Option 1: Teach students a signal to indicate they need 5 minutes of calm

Option 2: Build in 1 - 2 times during the day for students to use this resource (whole class)

- Share this slide deck with students

SAMPLE TEACHING SCHEDULE:

Monday - Sound and Music
Tuesday - Visual Relaxation
Wednesday - Mindfulness
Thursday - Creativity
Friday - Movement

FOR STUDENTS

How to Use a Virtual Calm Space

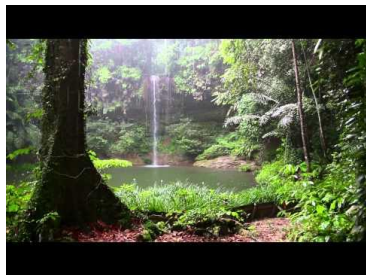


STEPS:

1. If you have earbuds or headphones, use during this time.
2. Set your timer on your device for 5 minutes.
3. Choose a page to visit that will help you to calm your body and mind.
4. When the timer goes up, close your iPad and join your class and teacher with the group activity.



Sound and Music



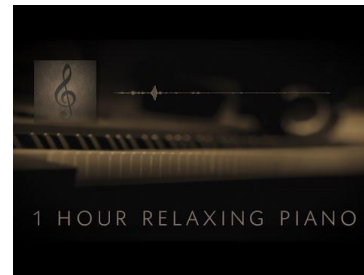
Rainforest



Guitar

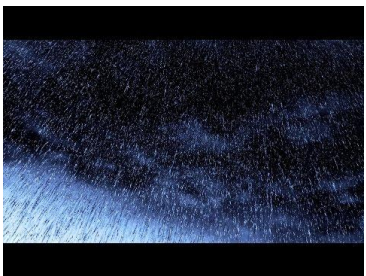


Flute



1 HOUR RELAXING PIANO

Piano



Rain



Ocean Waves



12 HOURS

Coral Reef



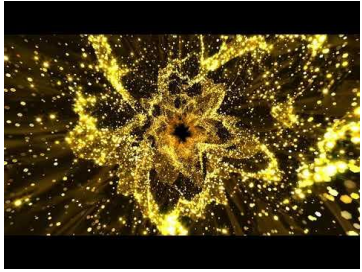
THE BEST OF
nature
relaxation
2019

10 HOURS - 4K UHD

Nature



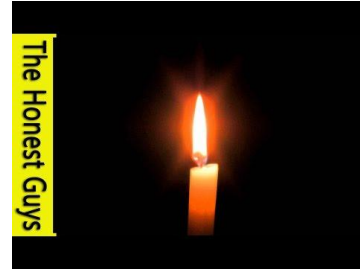
Visual Relaxation



Glitter Tunnel Vision



Tropical Beach



Candle



Calming Bottle



Falling Snow



Kaleidoscope



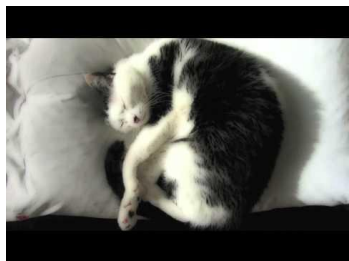
Underwater



Cosmic



Mindfulness



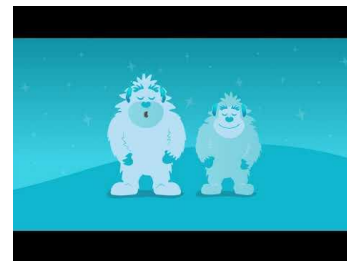
Easy Relaxation



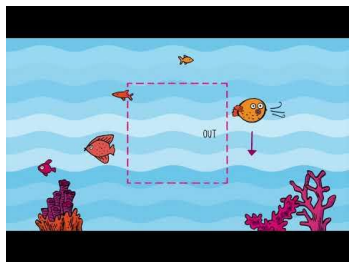
Belly Breathe



Get Your Mind Ready



Hello Respiration (SPA)



Square Breathing



Calm Breathe Bubble



Mindful Breathing



4-7-8 Breathing



Mindfulness



Hello HubBubbles



Peace Out



Sushi Train



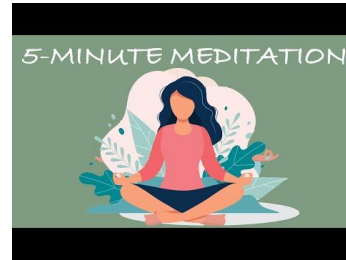
Let's Unwind



Body Scan



Relaxing Meditation



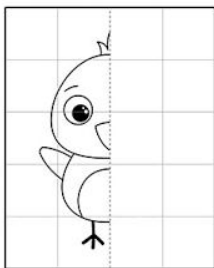
5-minute Meditation



Victorious Flow



Creativity



[Mirror Drawing](#)



[Digital Coloring Pages](#)



[Digital Sticker Scenes](#)



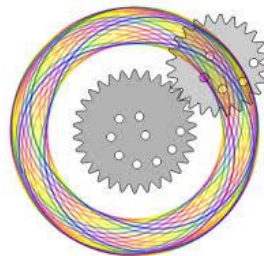
[Online Jigsaw Puzzles](#)



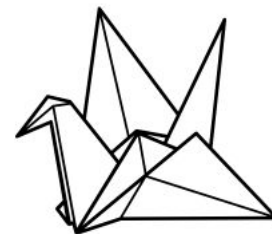
[Online Kaleidoscope](#)



[Digital Sketchpad](#)



[Spiral Art](#)



[Origami for Kids](#)



Movement



[Go Noodle FLOW
Videos](#)



[Cosmic Kids Yoga](#)



[Go Noodle Videos](#)



[Yoga for Kids](#)