

## Wellness Rooms & Spaces

A wellness room is a safe space created in a school intended to provide students with an opportunity to focus on reducing stress and anxiety, and the development of healthy coping strategies and self-care. A wellness space could be separate from other common areas in the school such as the cafeteria or library, but needs to be where staff can supervise.

Wellness rooms can be used in a variety of ways:

- individual, self-directed use during common school break times (lunch periods)
- small group sessions such as guided meditation or withdrawal groups for specific populations.

Some schools have chosen to keep the room available throughout the school year, while others make it available during targeted high stress times, such as exam periods in secondary school.



With a staff member, engage students in the planning, design, and implementation of the room. If the room is to be for the benefit of all students, ensure you include input from different groups!

A variety of seating is helpful:

- A combination of tables and chairs
- Relaxed comfortable seating such as a couch

It is beneficial to have some items available that can support a student in his or her attempt for relaxation and calm such as:

Mandalas                      Markers, Pens and Paper  
Calming toys or gadgets (tangles, stress balls)  
Music                              Snacks, and warm drinks  
Guitar                              Puzzles and games

You may also consider hanging some inspirational quotes or artwork.

Also include:

- Educational materials related to mental health and well-being.
- Recommended resource lists
- Pamphlets for local support agencies
- A list of useful mental health apps with information about where and how they can support themselves.
- Kids Help Phone #

**Whichever way you might choose to bring a wellness room to life in your building, it can be a wonderful and soothing space for both students and staff.**