

Things to do in the Chill Room to reduce Stress and Anxiety

Take deep breaths

4 seconds in your nose,
4 seconds out your mouth,
Repeat 4 times.

Smell the flower, blow out the candles

Meditate

<http://mindfulnessforteens.com/guided-meditations/>

Sand

Create a Zen Garden

Play with the sand

focus on:

Texture

Temperature

Draw letters/numbers

Listen to calming music

Place the weighted blanket over your lap

Color a Mandala

(found in the wicker box)

<https://mondaymandala.com/m>

Mindfulness/Bullet journals

(found in the wicker box)

Grab a stress ball

Practice Mindfulness

Name:

- 5 Things you see
- 4 Things you hear
- 3 Things you feel
- 2 Things you smell
- 1 Thing you taste