

Build a Calm Zone – Resources

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Calm Zones to Use

- **Take a Break**
 - The Rise course I am working on:
[Take a Break – Class Calm Zone](#)
- **Canvas Common Calm Zones**
 - [Class Calm Zone](#) – Page
 - [Calm Zone](#) – Module
 - [Virtual Calming Room](#) – Page
 - [Virtual Student Lounge](#) – Module

Calm Zone Resources

- **Breathing -Destress Monday**
 - The [Monday Campaign](#) has a newsletter with breathing gifs and healthy living tips delivered weekly.
[Get Started with Destress Monday](#)
- **Headspace: Mindfulness in classrooms**
 - Microsoft in Education: [Mindfulness](#)
- **Healthy Living - Fit On**
 - Free video-based fitness and wellness guide, including short stretches and yoga.
[Fit On Instagram](#)
[Fit On Links to download](#)
- **Meditation - Calm**
 - Meditation app with some free options
[Explore Calm](#)
[Calm YouTube Channel](#)
- **Meditation - Headspace**
 - Free meditations and articles, and an optional subscription at a student rate of \$9.99 a year.
[Explore Headspace](#)
[Headspace YouTube Channel](#)
- **OCO - Bandwidth Depletion and Recovery in the COVID-19 Transition to Remote Learning**
 - [Cia Verschelden - Bandwidth presentation from Summer 2020](#)