



# *»* CALM ZONE *»*

**Reduce Student Stress**

**Ally Sharp – Langston University**

# About Me

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# About Today

Join the conversation.



Why Use a Calm Zone?



Example Calm Zones

# Stanford Challenge Success Study

Kids Under Pressure Study

10,000 high school students - Fall 2020

## KEY FINDING

**Students, especially females and students of color experience high levels of stress and pressure.**

# Duck Syndrome

Swim calmly on the surface...and paddle to stay afloat.



# Where the Conversation Began

Remember Bandwidth Recovery?


- UCO – Oct 2019
- OCO – Summer 2020
- Cia Verschelden

Life situations deplete  
cognitive resources that  
are needed for learning.

- Bandwidth Recovery

# Big Idea in Bandwidth Recovery

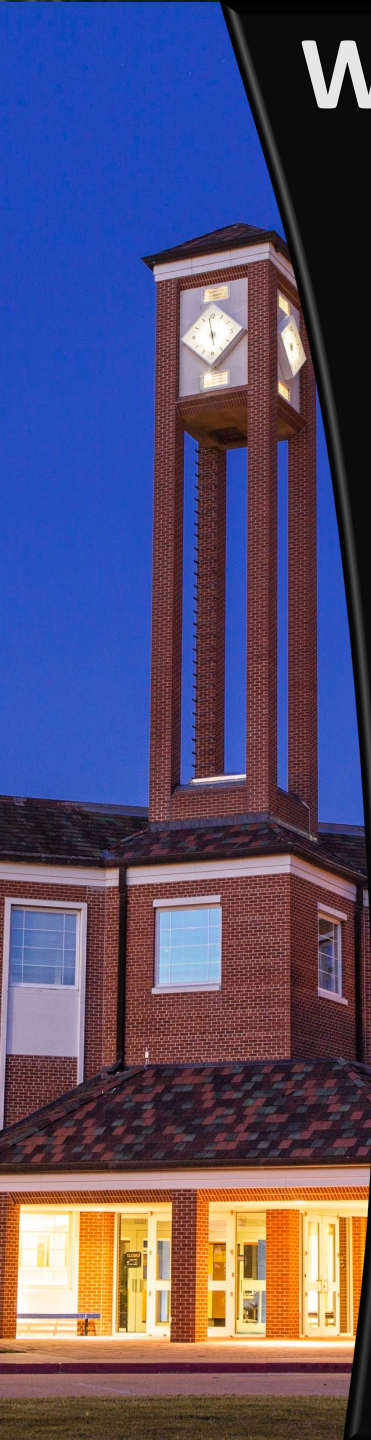
Bandwidth Recovery - Cia Verschelden



“A counter-space is where students can recover bandwidth.”

# What does the Counter-Space need?

Bandwidth Recovery - Cia Verschelden



Students are free to bring  
all of their identities.



# What does the Counter-Space need?

Bandwidth Recovery - Cia Verschelden

“Students can have access to all their cognitive resources for learning”.

# What does the Counter-Space need?

Bandwidth Recovery - Cia Verschelden

“Quiet rooms ... where students can go and recover in a safe space.”



# Heathy Monday

The Monday Campaign

Normalizes self-care and seeking helpful resources

“Healthy thinking and behavior is synchronized to the week ... with **Monday being the day for a Fresh Start.**”

# Destress Monday

The Monday Campaign

Free weekly newsletter with Movement, Mindfulness, and Nutrition

Tip of the Week

## GIVE ME A MINUTE

Clear your head this Monday by setting aside 60 seconds to close your eyes and focus on your breathing.



#DeStressMonday

DeStressMonday.org

DESTRESS  
MONDAY

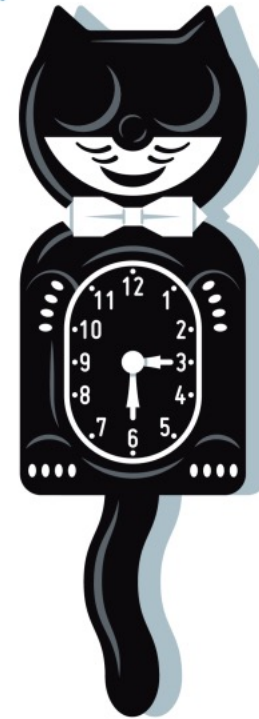
# Monday Emails

The emails establish prioritizing healthy habits.

## SWEET DREAMS

This Monday, try three proven ways to finally get some shuteye.

1. Soothe your senses with lavender.
2. Unplug from your phone and computer.
3. Listen to a guided audio meditation for falling asleep.



**DE STRESS  
MONDAY**

[DeStressMonday.org](http://DeStressMonday.org)

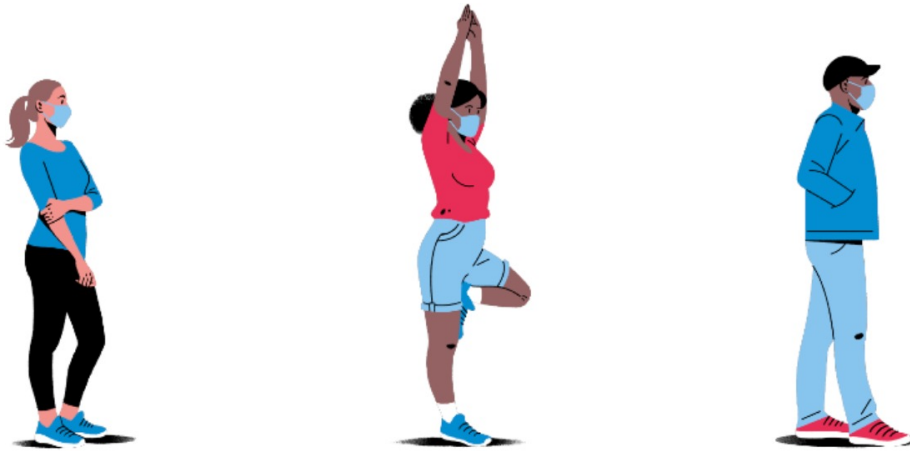
[#DeStressMonday](https://twitter.com/DeStressMonday)

# Monday Emails

Adapted and adjusted during the pandemic.

## Practice your balance while waiting in line.

Improve body control anytime, anywhere.



#MoveItMonday

MoveItMonday.org

**MOVE IT  
MONDAY!**

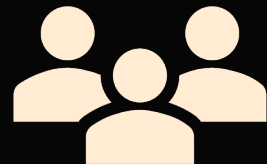
# Heathy Monday Partners with Universities



Syracuse University– Destress for Success



University of Florida– Community Walking



John Hopkins and Baltimore Public Schools: Destress Monday at School





# DeStress Monday at School

## Curriculum

The five sets of activities below are designed to help reduce stress for you and your students, starting with the “Starting the Day” material and working down through “Connecting with Others.”



### Starting the Day

These morning activities help us get ready to make the most of the day.



### Boosting Energy

Use these practices to help you tap into your own energy, strength, and vitality.



### Improving Focus

Turn to these mindfulness practices when you or your classroom are having a difficult time focusing.



### Calming the Mind

These practices are helpful for settling the mind and relaxing.



### Connecting with Others

These practices offer ways to connect — or re-connect — to ourselves and others.





# ❧ CALM ZONE ❧

**Examples**

**You can use these today!**

# Stanford: The Duck Stops Here

Resources for learning ... “Make every paddle count”



Stanford University SUNetID Login



# The Duck Stops Here



HOMEHANDY APPSWHY DOES THE DUCK STOP HERE?FEELING OVERWHELMED?HANDOUTSLEARN ABOUT LEARNINGFREE PEER TUTORING

## Sleep Smarter: Debunking Common Myths About Sleep

RHEAN SUN

# Canvas Commons: Calm

## Calm Rooms

1. Go to Commons
2. Search Calm
3. Preview

The screenshot illustrates the steps to find a Calm Room in Canvas Commons. On the left, a vertical navigation menu contains icons for History, Commons (highlighted with a purple circle '1'), Studio, and Help. The main content area shows a search for 'Class Calm Zone', with a purple circle '2' and a dashed arrow pointing to the search results. The results include a 'PAGE' titled 'Class Calm Zone' for 'All grades'. Below this, a purple circle '3' and a solid arrow point to the 'Preview' tab, which is currently selected. To the right, a 'COURSE' titled 'Virtual Calming Room' for '5 - 12 Grades' is also visible.

# Microsoft and Headspace

Headspace Meditations will appear in Teams this year.

[Microsoft Educator Center: Why Mindfulness with Headspace](#)



New wellbeing and productivity insights coming in Microsoft Teams

The screenshot displays the Microsoft Teams interface with several key features and insights:

- Navigation Bar:** Home, Stay connected, Protect time, My Team
- Search Bar:** Search or type a command
- Activity Panel (Left):** Activity, Chat, Teams, Calendar, Calls, Files, Insights, Apps
- Home Card:** "Happy Monday! Let's make today count. Connect with your team and stay up to date."
- People love kudos:** "Make a point to acknowledge a co-worker that you've collaborated with this week." Includes a "Send praise" button and icons for kudos.
- Promote coaching and:** "Time your team has spent with managers" is 30% less than 15 minutes each week. Includes a "Learn more" button.
- Lunch o'clock:** "Lunch breaks boost your productivity and overall wellbeing." Shows a timer for 10:45 (min sec) and "Until your lunch time!".
- How are you feeling?:** A section with five emotion icons (happy, neutral, sad, etc.) and a "For your eyes only" lock icon. Text: "By selecting your emotional state, we will provide information to support your wellbeing."
- Take a breather break:** "Headspace's science-driven meditations can help you stress less, focus more, and relax your mind anytime during your workday." Includes a "Start meditating" button and a Headspace logo with a smiling sun character.
- Weather and Calendar:** Top right shows weather (76° / 24° Sunny) and a calendar for the week of Monday the 21st.

# Canvas Commons: Class Calm Zone

The screenshot displays the Canvas Commons interface for a 'Class Calm Zone'. On the left is a vertical navigation sidebar with icons for Account, Admin, Dashboard, Courses, Calendar, Inbox, History, Commons, Studio, and Help. The main area contains a grid of 16 circular tiles, each with a title and an icon:

- music (headphones icon)
- videos (play button icon)
- reads (open book icon)
- art (mandala icon)
- square breathing (square icon)
- gratitude journal (journal icon)
- mindful movement (yogi icon)
- contact guidance (heart icon)
- animal therapy (paw print icon)
- aquarium watch (fishbowl icon)
- expand your mind (flower icon)
- lava lamp (lava lamp icon)
- happy hiking (hiker icon)
- mazes & tangles (maze icon)
- tranquilizing spirograph (spirograph icon)
- inspiring quotes (quotation marks icon)

At the bottom of the interface is a blue banner with the text: *You matter. You are important. You are loved.*

# Canvas Commons: Class Calm Zone

The screenshot shows a Canvas Commons page titled "Calm Zone". On the left is a sidebar with navigation options: Account, Admin, Dashboard, Courses, Calendar, Inbox, History, Commons, Studio, and Help. The main content area features a header image with the text "Calm Zone" in a cursive font on a wooden background, decorated with pink flowers. Below the header is a grid of 12 activity buttons, each in a rounded rectangle with a colored border:

- Calming Sounds
- Mindful Movement
- Breathing Strategies
- Inspiring Quotes
- Positive Talk
- Calming Strategies
- Animal Therapy
- Tranquilizing Spirograph
- Happy Hiking
- Sleep Stories
- Art Therapy
- Contact Counselor



# Take a Break: My Calm Rise Course

Course Preview

**Take a Break**

8% COMPLETE

▼ BREATHE

- ☰ Breathe with the Circle
- ☰ Inhale - Hold - Exhale - Hold
- ☰ Breathe and Count Sheep
- ☰ Breathe Bubble Video

▼ MINDFULNESS VIDEOS

- ☰ Let Go of Stress
- ☰ Do Nothing with LeBron James
- ☰ Find Your Focus

▼ BACKGROUND NOISE


- ☰ Rain
- ☰ Beach
- ☰ Focus Music

## Breathe with the Circle

AS Ally Sharp

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### BREATHE WITH THE SHAPE



# Design Building Tips



Keep students in the online classroom



Clean fonts, reduce clicking – easy paddling for our ducks.



Take campus pictures or ask your PR, Admissions, or Media office

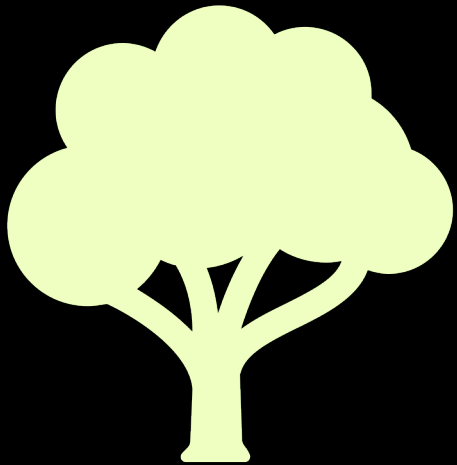


Gifs upload as pictures but still move



Continue the  
conversation ...

explore, build,  
and share!





*~* **THANK YOU** *~*

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