



Success Story

Taught emotional regulation skills to students and created a calming room for them to practice. They've also invested in new recess equipment for students and yoga for staff.



159

Students Impacted



32

Faculty/Staff Members
Impacted



3

Community Partners
Engaged

Building Capacity

Stronger Communities



The calming room has helped students regulate their emotions and reset during the day. Staff members have also benefited from having a structured, supportive space to guide students through emotional moments in a positive and constructive way.

Environmental Changes

Has created physical and observable change by adding a dedicated calming room and new recess equipment to the school environment.



Impacts of Increased Well-Being

The calming room was equipped with supportive resources that allow students to take a break, practice calming strategies, and return to class ready to learn. This proactive approach has reduced disruptions, increased instructional time, and given students healthy coping strategies they can use both in and out of school. The new recess equipment expanded access to engaging and inclusive play options, which has encouraged more students to participate in physical activity each day. This has promoted teamwork, improved social interaction, and increased overall movement during recess time. Students are more active, more connected with their peers, and better prepared to focus when they return to the classroom. The after-school yoga sessions for staff has provided faculty with an opportunity to decompress, reduce stress, and focus on their own physical and mental health.

