

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

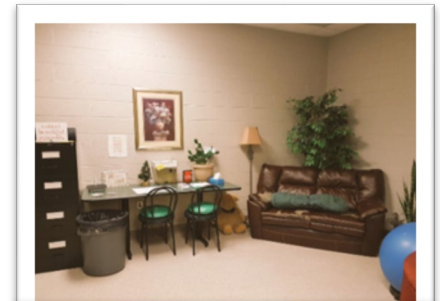
- Healthy snacks
- Comfortable furniture
- Calm Music
- Mental Health information (e.g., [Stress Information](#))
- Colouring pages
- Markers/pencil crayons

Chill Room

ACTIVITY GOAL: To create a calming environment where students have the opportunity relax, connect with a peers or staff, in a safe and non-judgmental space.

ACTIVITY IDEAS:

- The Chill Room can be located in a variety of spaces within your school such as a resource room or a corner in the library.
- Your Chill Room can be open all day, during the lunch hour or during certain periods of the day. The Chill Room can be a year-long activity that runs daily, weekly or key times of the school year the year (i.e. exam periods).



- Low lighting and calm music are recommended. You may also choose to provide students with healthy snack options.
- The room should be staffed by an engaging teacher to support students.
- The room should have information and resources to support mental well-being (i.e. study tip sheets, stress information, community organizations).

Curriculum Connections:

- Grade 9: C 3.2 Mental health concerns – warning signs and responses
- Grade 10: C 1.1 Mental health – factors that enhance
- Grade 11: C 3.4 Skills for dealing with stressful situations
- Grade 12: C 2.5 Maintaining health and wellbeing when independent

