

Mindfulness Corner Instructions

Create a safe space for students to take a moment to breathe, use healthy coping strategies, and regulate emotions.

Materials

- A small room, corner, or other space
- Fidget toys, inspirational posters, comfy pillows, stress balls, aromatherapy play dough, coloring books/crayons, salt lamp
- Coping Strategies Poster (below)
- Mindfulness Corner Expectations Poster (below)

Assembly

- Decide on a space for your mindfulness corner/room
- Hang Mindfulness Corner Expectations poster (below) and/or create your own rules (template below) to ensure safety and respect in the space
- Use low lighting if possible, place items in room, and hang posters

Application

- Share with students using a poster or announcement where the mindfulness corner is located and when/how it can be accessed
- If the mindfulness corner is accessible to all students, discuss with a school counselor and/or administration prior to creating the space

Let us know how the activity goes! We'd love to hear from you or receive pictures. Email photos to ilana@erikaslighthouse.org.

A special thank you to Key Club members for the creation of this activity.



Erika's Lighthouse

Healthy Coping Strategies

- **Square Breathing:** breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, hold for 4 counts. Repeat as many times as you need.
- **Word Breathing:** Breathe in words of affirmation or something you need (ex: peace, patience, self-compassion) and breathe out words you need some space from (ex: stress, fear, worry)
- **5-4-3-2-1:** Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- **Journal:** Write a list of things you're grateful for or something you're looking forward to.
- **Draw:** Draw your favorite place, person, pet, or object.
- **Progressive Muscle Relaxation:** From head to toe, tense your muscles and release until you feel relaxed.



Check In With Yourself

How am I feeling?

How is my body feeling?

What do I need right now?

What coping strategy would help me right now?



*You
are
not
alone*

What am I grateful for?

What am I proud of?

Who can I reach out to for support?

What is something positive that happened today?



Erika's Lighthouse

Mindfulness Corner Expectations

- 1. Set timer for 5 minutes**
- 2. One student at a time**
- 3. No food or beverages other than water**
- 4. Respect the space and items**
- 5. All items must remain in the space**
- 6. Once time is up, either rejoin class/activity or find a trusted adult to speak with if you still need support**



Mindfulness Corner Expectations

1.

2.

3.

4.

5.

6.

