

Mindfulness Corner

- * a place to be alone at need
- * 'peace sign' signal to express need
- * expect student to emerge and engage in class or tell teacher what more they need
 - * followup with dialog and confirmation
- * class generated norms for time limit and behavior expectations while in the corner



Material Needed:

- * screen for privacy
- * headphones
- * preselected music
- * guided meditations
- * pillows
- * entry log/wait list
- * timer
- * posted norms
- * positive interior design