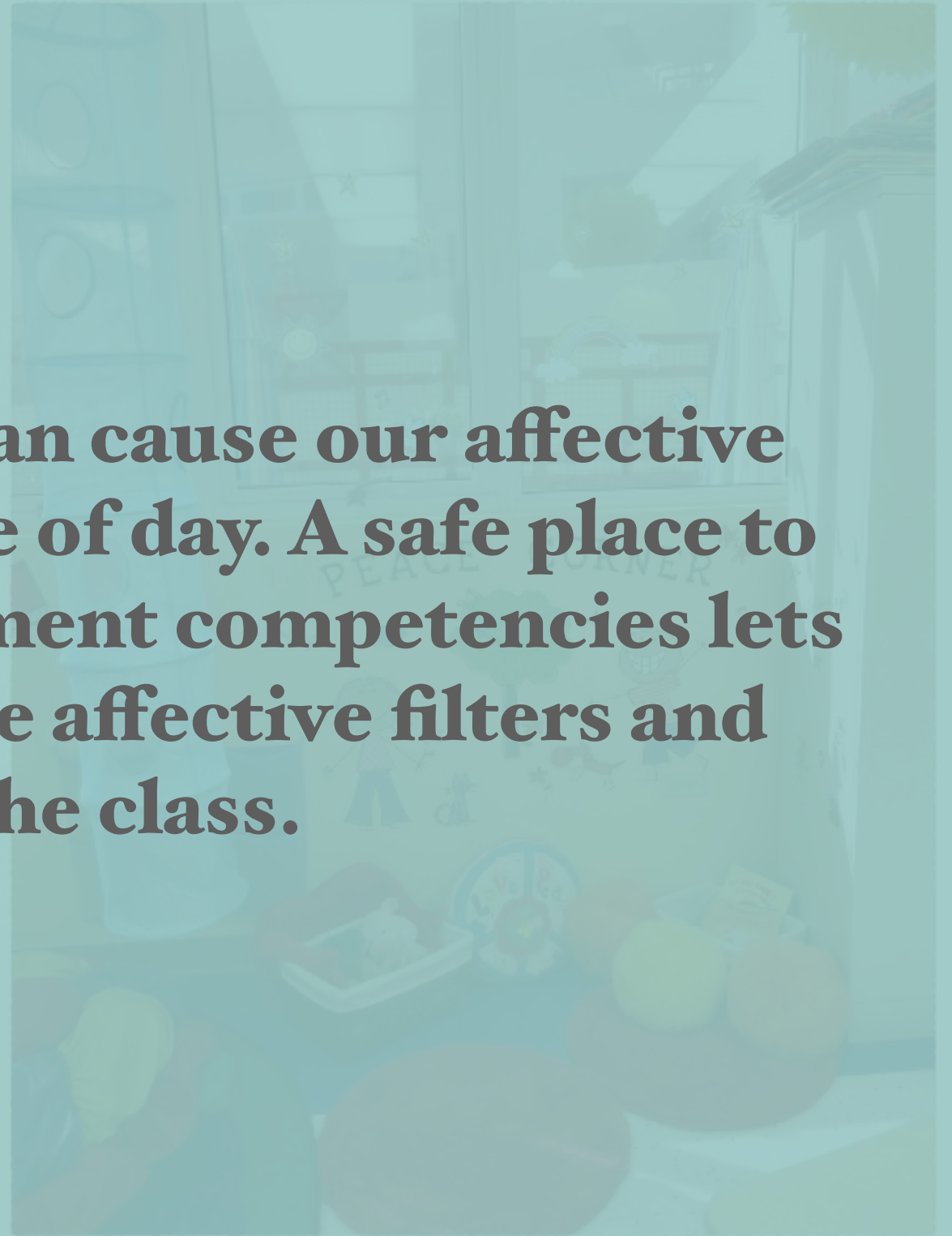


Mindfulness

Anxiety and stress can cause our affective filters to rise any time of day. A safe place to practice self-management competencies lets students lower those affective filters and rejoin the class.



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
- * class generated norms for time limit and behavior expectations while in the corner