

School Board of Brevard County

2700 Judge Fran Jamieson Way • Viera, FL 32940-6601

Mark W. Mullins, Ed.D., Superintendent



MEMORANDUM

DATE: September 8, 2020

TO: All Principals

FROM: Dr. Jayna Jenkins, Director, Student Support Services ^{99.}
Dr. Kimberly Bias, Director, ESE Student Support

RE: BPS Virtual Calming Room

As we embark on a new and unique school year, adults and students will have varied experiences and stressors throughout the year. In continuing to promote the importance of self-care and well-being for all BPS staff, a virtual calming room has been created and now available. This resource provides teachers, administrators, and school staff with easily accessible strategies for relaxation, stress management and self-care. The [Virtual Calming Room](#) includes:

Guided Practice: In a guided practice, a narrator, teacher, or guide gently assists you through the technique. Breathing exercises to reduce stress and meditation sessions can be found here.

Sounds: Need some soothing sounds? Gentle instrumental music and sounds of nature are just a click away.

Take 5: Short on time? All the resources here are under five minutes. Find quick desk stretches, mini-meditations, quick pep talks and fun stuff.

Tips and Tricks: New to mindfulness or meditation? Have no idea where to start when thinking about self-care? Check out these tips and tricks to help you get started.

Distractions: Find some fun and interesting distractions here.

Educators shoulder significant responsibility in helping students understand, process, and heal from these momentous events. It is just as important for adults to feel connected, supported, valued, and capable of taking on the challenges ahead. BPS Leadership hopes this resource provides our valued educators with quick strategies to help throughout the day, unwind at home and bring joy when you need it. Faculty and staff can access the Virtual Calming Room through the BPS COVID-19 Resource Page at <https://www.brevardschools.org/COVID-19> and clicking “Faculty and Staff”.

pc: Asst. Superintendent, Student Services
Asst. Superintendent, Elementary Leading and Learning
Asst. Superintendent, Secondary Leading and Learning

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