Welcome to Mrs. Festa's Virtual Wellness Rooms!

Mrs. Karen Festa
SEL Coordinator
Narragansett Schools
You Are Safe...
Take a Deep Breath
New Virtual Calming Room!
Patriotic Edition

Features:
- NEW - Moving waterfall in window
- NEW - Moving fish in aquarium
- 6 NEW Calming videos with soothing music
- Puppies & dogs video with calm music
- Fireworks with relaxing piano music
- Walk through the woods
- Watch the Georgia Aquarium
- Stress relief videos & music
- Links are in various items in the room
- Home Button to go back to main room

Here’s What To Do:
- Click on the picture above to be transported to the virtual calming room.
- Once in the room, click on an item to visit a calming place.
- Enjoy a relaxing video and soothing sounds.
- When finished, click on the button to be transported back to the main room.
- Click on another item in the room to visit another calming space.
- Repeat as needed. ENJOY!
READING gives us someplace to go when we have to stay where we ARE.
Be YOURSELF

Click me!

READ

Just One More Chapter

Click me!
Thank you for visiting my virtual wellness room! I hope you had a wonderful time!

I would love to hear your feedback & suggestions. Please email them here: kfesta@nssk12.org