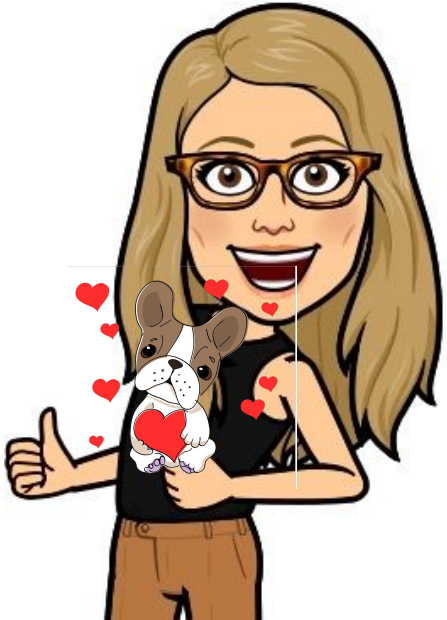
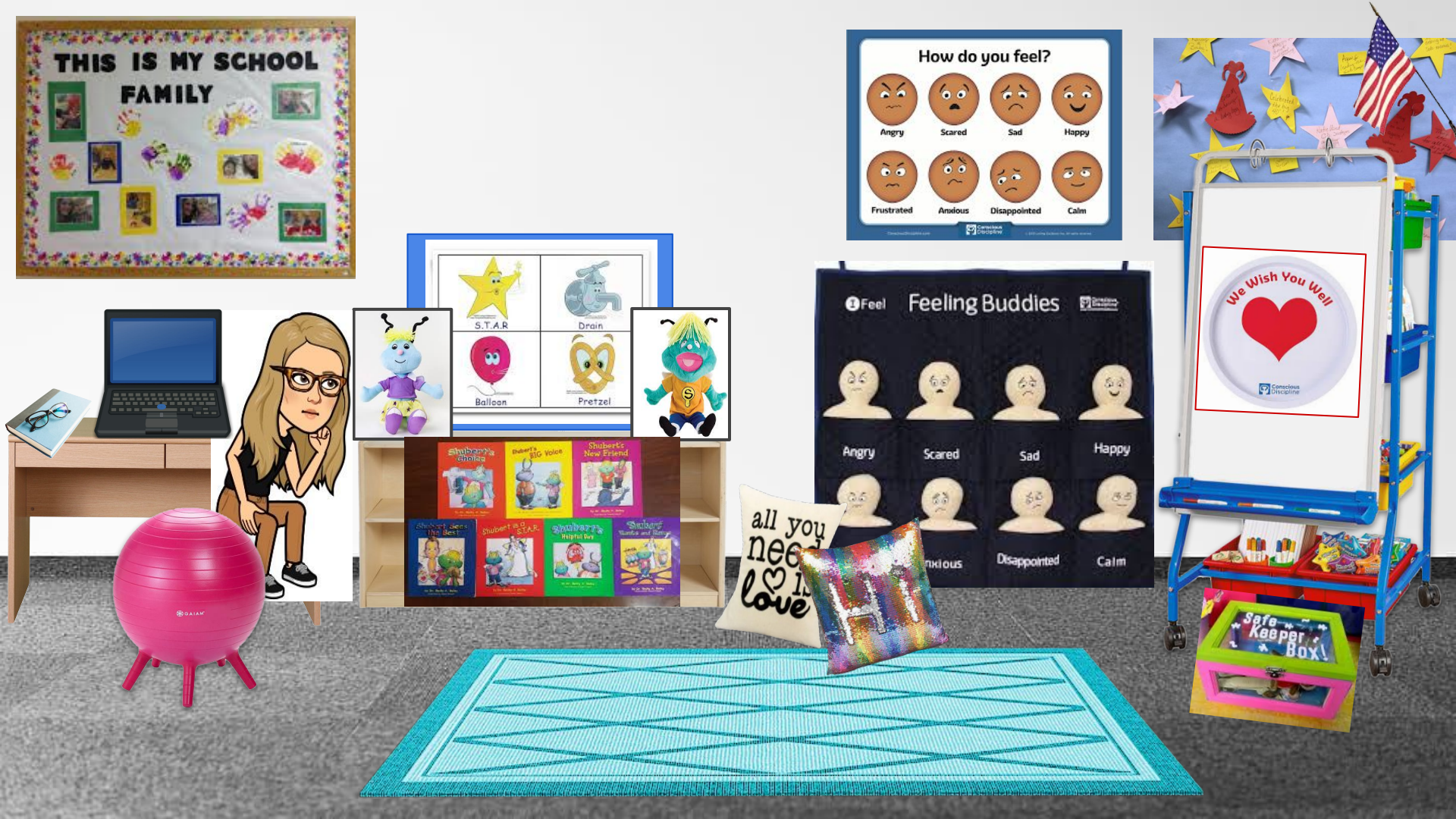
Welcome to Mrs. Festa's Virtual Wellness Rooms!



Mrs. Karen Festa
SEL Coordinator
Narragansett Schools


THIS IS MY SCHOOL FAMILY
How do you feel?
Angry
Scared
Sad
Happy
Frustrated
Anxious
Disappointed
Calm
S.T.A.R
Drain
Balloon
Pretzel
Feeling Buddies
Feel
Angry
Scared
Sad
Happy
Disappointed
Calm
all you need is love
We Wish You Well
Safe Keeper Box!

inhale
deep breaths
exhale

You Are Safe...

You dont have to be Perfect to be Amazing

Be a STAR!
Stop
Take a Breath
And
Relax!

I Am
I Calm
I Feel
I Choose
I Solve

Twinkle twinkle

I feel
I choose

I Feel
Feeling Buddies
Angry
Scared
Sad
Happy
Frustrated
Anxious
Disappointed
Calm

THERE IS A PLACE FOR YOU HERE.
Take a Deep Breath
THE future of the world is in my CLASSROOM
WELCOME
IN A WORLD WHERE YOU CAN BE ANYTHING, be kind
#BETTERWITHGONOODLE
GoNoodle
Grace

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 to be transported back to the main room.
- ❖ Click on another item in the room to visit another calming space.
- ❖ Repeat as needed. ENJOY!

This Virtual Calming Room is the original creation of Gail Feix ©www.teachersusingtech.com 2020

READING gives us someplace to go when we have to stay where we ARE
HOW ARE YOU FEELING?
HAPPY
FRUSTRATED
ANNOYED
EMBARRASSED
NERVOUS
ANGRY
HURT
SILLY
CONFUSED
EXCITED
DISAPPOINTED
WORRIED
JEALOUS
SAD
PROUD
SURPRISED
SCARED
TIRED
LEFT-OUT
SICK
JANE TOLEN & MARK TEAGUE
How Do Dinosaurs Say I'M MAD?
RUBY FINDS A WORRY
GLAD MONSTER, SAD MONSTER
A Book About Feelings
The BOY with BIG, BIG FEELINGS
THE DON'T WORRY BOOK
TODD PARR
HAPPY HIPPO, ANGRY DUCK
a book of moods
by Sandra Boynton
INSIDE OUT
MEET THE EMOTIONS
The VERY HUNGRY WORRY MONSTERS
Click me!
THE COLOR MONSTER
a story about emotions
READ
The Feelings Book
TODD PARR
Waiting Is Not Easy!
Mo Willems
A Little Princess Story
I Didn't Do It!
Tony Ross
The Way I Feel
The Pout-Pout Fish
I'M WORRIED
Grumpycorn
I'M HAPPY-SAD TODAY
JUST ONE MORE CHAPTER

READING gives us someplace to go when we have to stay where we
Click Me!
The Pigeon HAS to Go to School!
READ
I Got the School Spirit
David Goes to School.
By David Shannon
THE DAY YOU BEGIN
On the First Day of Kindergarten
FIRST DAY
THE TWELVE DAYS OF KINDERGARTEN
Lola Goes to School
My First Day of School
THOSE SHOES
I Can't Do That, YET
Pete the Cat
How to Get Your Teacher Ready for School
Raise Your Hand
Click, Clack, Quack to School
Don't Squeal Unless It's a Big Deal
The Kissing Hand

READING gives us someplace to go when we have to stay where we ARE
Click Me!
READ
JUST ONE MORE CHAPTER
A LITTLE SPOT OF KINDNESS!
KINDNESS
STRONG
you matter
Start With SORRY
THE JELLY DONUT DIFFERENCE

Be YOUR SELF

Click me!
I Love Dogs!
READ
Pete the Cat
A Pet for Pete
Can I Be Your Dog?
If You Give a Dog a Donut
May I Pet Your Dog?
A Bird's Best Friend
Gilbert Goldfish Wants a Pet
Skippyjon Jones in the Dog House
Cats
What Pet Should I Get?
Dr. Seuss
If You Give a Cat a Cupcake
Not Norman
A Goldfish Story
Some Pets
The Perfect Pet
Harry the Dirty Dog
Take Your Pet to School Day
Kindergarten Cat

Virtual Calming Room!
Summer 2020 Edition

Features:

- Moving fireplace
- Relaxing videos in windows, picture over the fireplace, & fish tank
- 4 Calming videos with soothing 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 to be transported back to the main room.
- Click on another item in the room to visit another calming space.
- Repeat as needed. ENJOY!

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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