



DCS Online Calming Room Offers Relaxation and Mindfulness Tools for Students

“We learn best when our minds and bodies feel calm. Noticing our feelings can help us to be mindful and more kind to ourselves.”



When school buildings closed at the start of the COVID-19 pandemic, Wylie counselor Mollie Kemp immediately began brainstorming ways to continue providing support for students now only accessible remotely. A school in California had created an “online calming room” website, which Mollie thought might be beneficial to students’ mental health during this uncertain period.

Adapting this concept for Dexter, the [DCS Online Calming Room](#) was launched in the spring of 2020. This virtual space offers multiple tools to help students calm their minds and bodies, categorized into four sections: sounds and music, mindfulness, visual relaxation and art.



The [Sounds and Music](#) page features four options of school-approved, You Tube videos of nature sounds including waterfalls, ocean waves, music with rain and happy music. The videos are several hours long, and can be played as background for studying, relaxing, working on a task or falling asleep.

The [Mindfulness](#) page offers several techniques to quiet the body and be in the moment to focus on what is happening right now. Videos such as three-minute mindful breathing, 5-finger breathing, body scan meditation and a short yoga session can be found on this page.





The [Visual Relaxation](#) page brings into practice the idea that when we look at peaceful images, they can remind us of moments when we felt very happy. Students can find a calming videos of fish and sea life swimming in a coral reef, snow falling softly from a balcony with a crackling fire, a quiet walk through a forest filled with nature sounds and stunning images of space. Watching images such as these can help students remember happy times and feel like their best selves.

The [Art](#) page serves students who find drawing and creating a calming activity. Online options such as sketching, mandala design, a quick draw doodle game and bomomo art can help students grow their brains and express themselves. It can also be relaxing and lift their mood.



Though students are fortunately back in the school buildings, this website is still a beneficial resource for Dexter families. In addition to these helpful tools, this website also lists all the DCS Mental Health staff and their contact information for easy reference. Anytime you need a break, the [DCS Online Calming Room](#) is an easy-to-navigate and student-friendly place to refresh and quiet your mind and body.