

TCHS Mental Fitness Center

Thank you for your support



Why Mental Fitness vs. Mental Wellness

Mental Wellness

Our emotions are an illness that needs to be cured or eradicated.

vs.

Mental Fitness

Our emotions are signals from our mind and body that we can learn from and that can help us navigate difficult situations.

The purpose of the Mental Fitness Center is to help students to discover how to learn from the feelings they are having and grow.

Stations

01

Check-in Area

Referring Counselor will determine the amount of time needed.

02

Activity Center

Games, Coloring, Legos and various calming activities

03

Lounge Area

Relax on the couch.

04

Snack and Hygiene area

Snacks and necessities available here

05

Quiet Area

Designed for alone time

Check-in

- Counselor refers student
- Student is logged in
- Timer is set for student
- Student is free to use the areas as needed



Activity Center

Allows the student a moment of calm to focus on something relaxing.

- **Students can choose from the following:**

- Coloring books
- Word Searches
- Puzzles
- Legos
- Stress balls/Fidget toys



Lounge Area

Relax on the couch. Lap boards are available to do work if needed.





+ Snack Area And Supplies

Student can help themselves to the following:



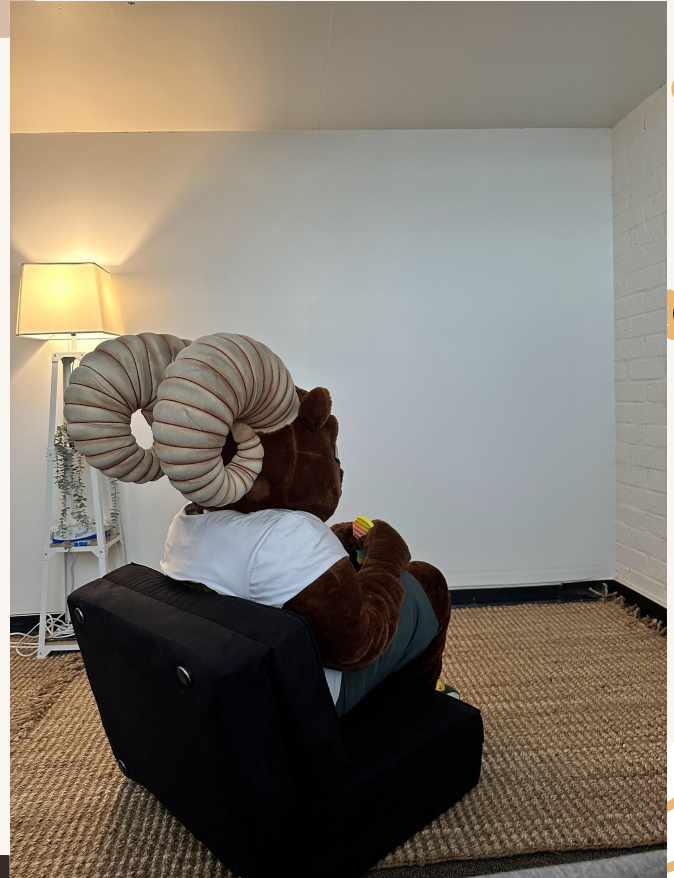
- Hygiene products
- Water
- Hot Tea (decaffeinated)
- Chips, Cookies, Granola Bars



Quiet Area

Students have access to:

- Privacy of individualized space
- Each space has a comfortable lounger that transforms from a chair, to lounger, to bed
- For students who would rather be alone to recenter themselves

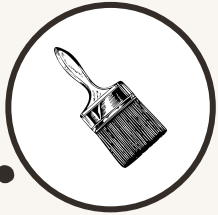


Still to Come



Lunchtime Activities

Counselors will host lunchtime activities for students such as meditation, playing games, yoga, etc.



Artwork

Students will design artwork to go with the theme of the room as well as signage



Woman's Club Donations

Temple City Women's Club has offered to replenish products when needed



Coverage for the Center



Each day two counselors are assigned for coverage. They split their time supervise and support the center



“Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.”

–Amy Collette