



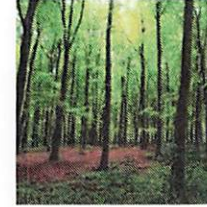
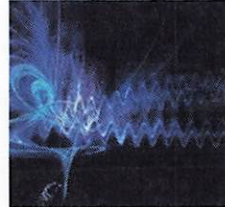
Victor Valley Union High School District Resources



[VVUHSD Virtual Calming Room](https://sites.google.com/vvuhsd.org/vvuhsd-virtual-calming-room/home)

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This Virtual Calming Room is a place for students, families, and staff to find tools and strategies for managing emotions and feelings.



- Breathing and Meditation
- Calming and Coping Skills
- Coloring and Art
- Exercise and Yoga
- Live Animal Cams
- Museum Tours
- Nature
- Smartphone Apps
- Sounds and Music
- Space
- Motivational and Positive
- Messages
- Hotlines
- Resources