



THE LOUNGE

Expectations



NO cell phones or homework. Put ALL distractions away and enjoy the quiet space.

NO socializing with others. This space is for you to focus on YOU, no one else.



This space is for you to RESET for **10-15 Minutes** and self-regulate your emotions.

If you want or need to speak with a counselor individually, notify staff at the check-in table.



Try one of the mindfulness activities on the shelves! Find what works for you!



Keep calm and breathe

