

What is a Chill Zone?

Imagine a space that will help your students, staff or program participants feel calm, relaxed, grounded and uplifted. Imagine an environment in which you can nurture self-awareness, connection, and a mindful approach to everyday tasks and stressors. This is what a Chill Zone is all about! A Chill Zone is a designated space anywhere in your building that would allow students and/or staff to take a mental break from the busy hustle of everyday activities - to recharge, shift their perspective or just take a few calming deep breaths.

A Chill Zone can be a separate room, or even a space within an existing space – work with what you have and be creative! Here are some pointers to help you get started in creating your own Chill Zone:

What you could include in your Chill Zone:

- ✓ calming wall colors and warm environment
- ✓ bean bag chairs or any comfortable seating
- ✓ dim lighting
- ✓ essential oils/aromatherapy
- ✓ sound machines
- ✓ water features
- ✓ posters and wall signs with uplifting messages
- ✓ music
- ✓ fidgets (glitter jars, stress balls, clay, playdough, sensory items etc.)
- ✓ mints
- ✓ mindfulness books
- ✓ coloring books/sheets

Helpful tips for setting up your Chill Zone and making it available to students, staff, and program participants:

- ✓ have a Chill Zone for both students or program participants AND staff and teachers. You can have two separate rooms if space and resources allow, or one room everyone can use. We all need a mental breather sometimes!
- ✓ set up and promote “mental break” rules (for example, no phones, 10-15 minute time limit, no large groups, etc.) – this is the time to reconnect with yourself, not to catch up on your social media and emails!
- ✓ promote your Chill Zone among students and staff in posters, newsletters, and daily announcements
- ✓ create a system for scheduling the room in 10-15 minute blocks to monitor activity and prevent overcrowding

Most important, be creative! Use tools that resonate with your group and environment, whether it is local art or piece of cultural heritage. No two Chill Zone are the same but they are all equally wonderful! Here are some images of existing Chill Zones to help you envision what your specific space could look like:

