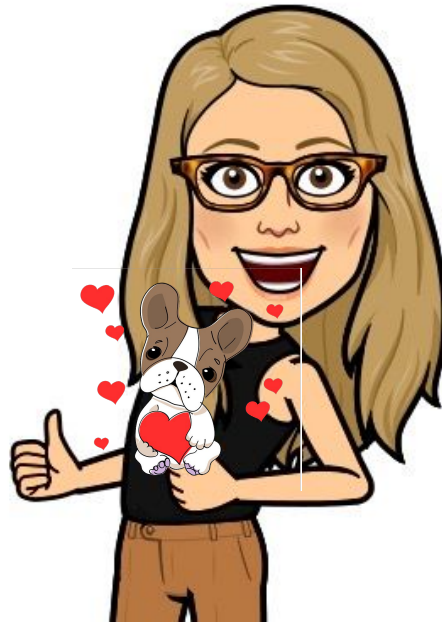
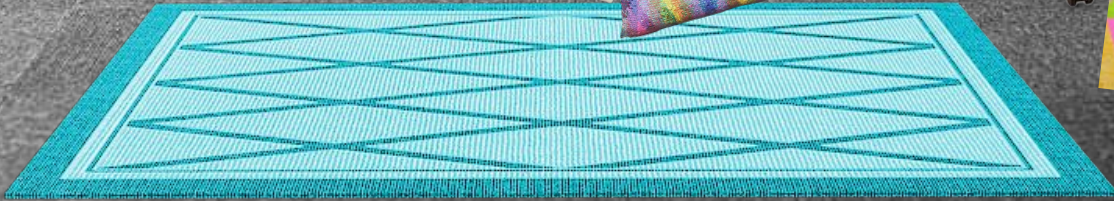
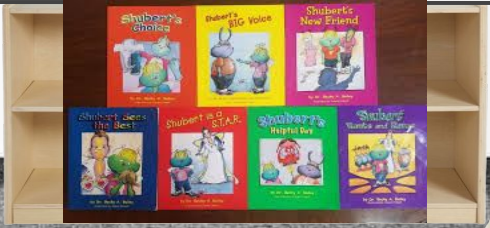
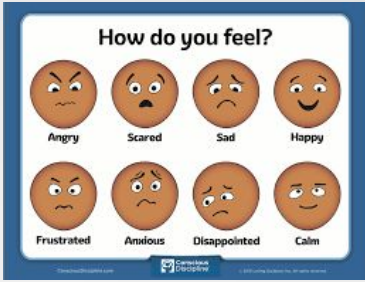


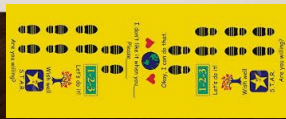
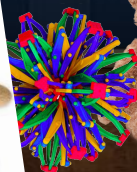
Welcome to Mrs. Festa's Virtual Wellness Rooms!

*Mrs. Karen Festa
SEL Coordinator
Narragansett Schools*

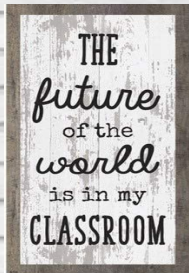
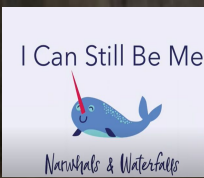
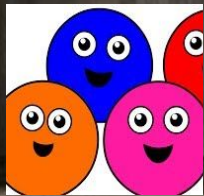




You Are Safe...



THERE IS A
PLACE
FOR YOU HERE.






New Virtual Calming Room! Patriotic Edition

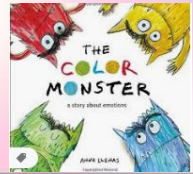
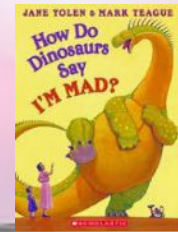
Features:

- *NEW* - Moving waterfall in window
- *NEW* - Moving fish in aquarium
- 6 *NEW* Calming videos with soothing music
- Puppies & dogs video with calm music
- Fireworks with relaxing piano music
- Walk through the woods
- Watch the Georgia Aquarium
- Stress relief videos & music
- Links are in various items in the room
- Home Button to go back to main room

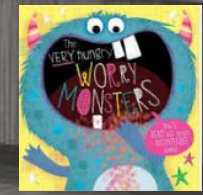
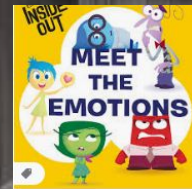
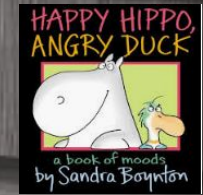
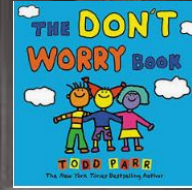
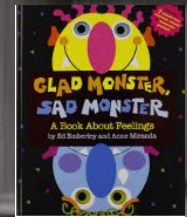
Here's What To Do:

- ◆ Click on the picture above to be transported to the virtual calming room.
- ◆ Once in the room, click on an item to visit a calming place.
- ◆ Enjoy a relaxing video and soothing sounds.
- ◆ When finished, click on the  to be transported back to the main room.
- ◆ Click on another item in the room to visit another calming space.
- ◆ Repeat as needed. ENJOY!

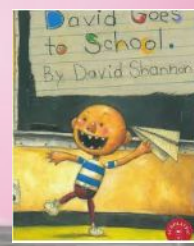
READING
gives us
someplace
to go when
we have to stay
where we
ARE



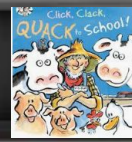
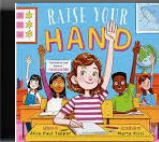
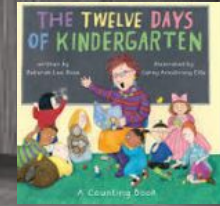
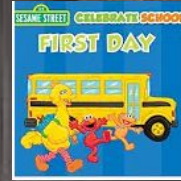
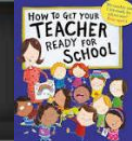
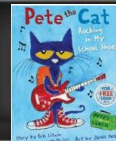
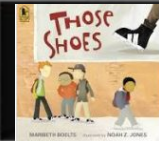
READ



READING
gives us
someplace
to go when
we have to stay
where we
ARE



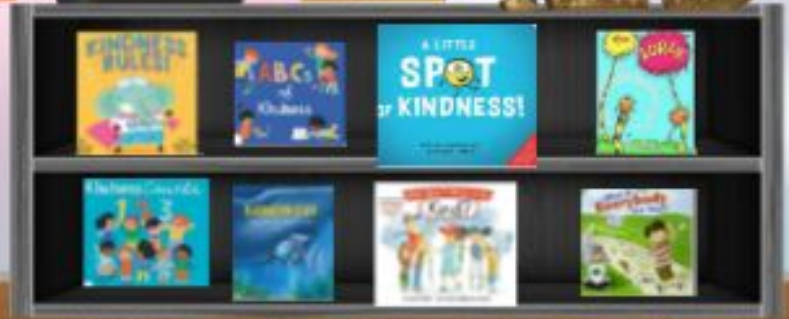
READ



READING
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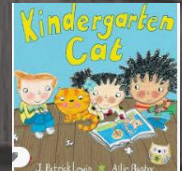
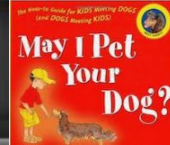
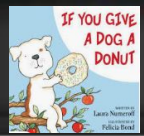
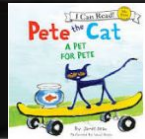
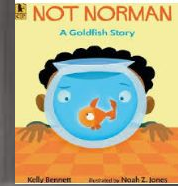
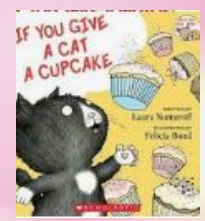
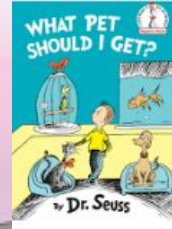
READ



Be YOUR SELF



READ





**Thank you for visiting my virtual wellness room!
I hope you had a wonderful time!**

I would love to hear your feedback & suggestions.

Please email them here: kfesta@nssk12.org