

Virtual Calming Room

Students have the option to join a virtual calming room. The virtual calming room is a self-guided site, with various self-regulation activities linked (i.e., guided meditation, visualizations, relaxation activities). These links can be accessed by anyone with students' GK accounts.

The link for the **GENOA-KINGSTON HIGH SCHOOL** Virtual Calming Room:

[GKHS "Zen Zone" Virtual Calming Room:](#)