



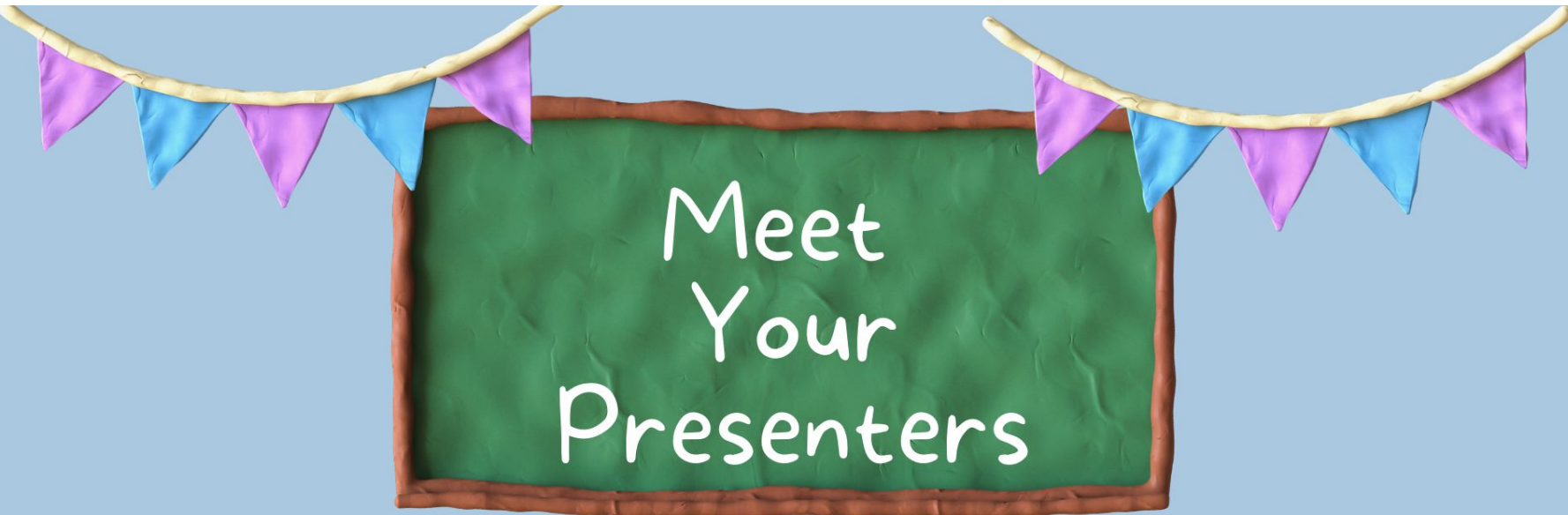
# Peaceful Spot



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# LCPS Wellness Conference





# Meet Your Presenters



Lori



Jen

## The Why behind the SPOT

According to research students are not able to fully access their academic potential if they are unable to regulate their emotions (Bordrova, 2006)

This strategy is also allowing students to practice making responsible decisions and choices which increases motivation (Kosky & Curtis, 2008)

Mindfulness also increases self awareness and acceptance (Bannirchelvam et al., 2017)





# Background

## SOCIAL EMOTIONAL LEARNING

SEL practices in schools has been researched and reviewed over the past 15 years. Incorporating SEL into the classroom has shown to foster prosocial behavior (Kramer and Colleagues, 2010)

## TRUAMA INFORMED PRACTICE

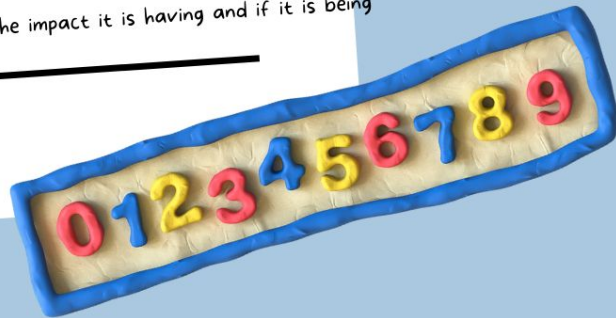
Students are coming in with various outside issues as well as the academic and peer pressure they may be feeling. The Peaceful Spot is trauma informed in that it helps promote resilience and emotional processing (Blitz et al., 2016).





## Goals for implementation

1	Supply every room in the school with a Peaceful Spot Kit
2	Introduce the Peaceful Spot to staff and students in the beginning of the year
3	Encourage this as a choice for students to use and not as a disciplinary action
4	Check in with teachers, staff, and students to see the impact it is having and if it is being used



# Main Concepts



## MODELING OF EMOTIONAL PROCESSING

We are social learners by nature. Therefore, if we see others modeling behavior good or bad we tend to copy what we see.



## PROVIDE CHOICES

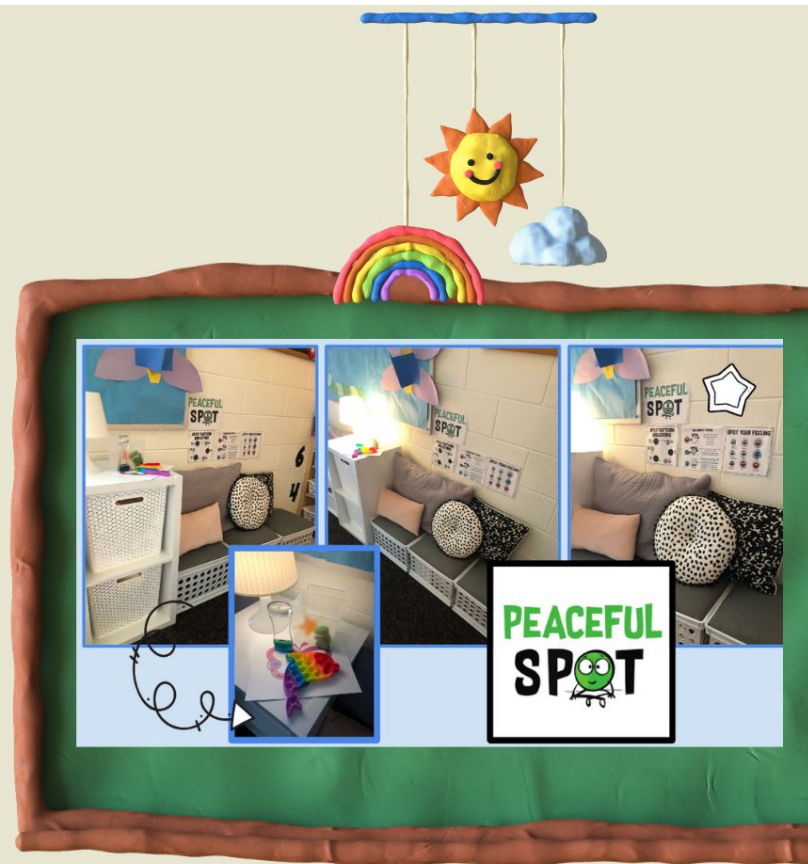
Students are learning how to make positive choices through structured guidance on what is offered in the peaceful spot.



## EMPOWERMENT

Once students begin to see the power they have over their emotional regulation they begin to feel empowered not just emotionally but socially and academically as well.

# Photos from our School





## INTRODUCE

Introduce the concept of the peaceful spot. We recommend using the Peaceful Spot book by Diane Alber

## FIND A SPOT

Talk with you family or class about where you feel most comfortable putting the spot. We recommend somewhere that is not front and center.



How can  
you create  
this in your  
space

## FILL IT WITH CALMING ITEMS

This will depend on your students or family. Each space can be different. What will work in your peaceful spot. But we do suggest you have various items that can include strategies involving all senses.



## Parent Resource

The following link is a wonderful resource to use if you want more information on how to start your own peaceful spot at home:

[Parent Resource Link](#)

Also please see our take home resources before you leave today



ABCDEF GHIJKLM  
NOPQRST UVWXYZ

*Thank You!*

Any Question?



# References

## CITATIONS

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