[VIRTUAL CALMING PAGE](https://sites.google.com/columbus.k12.oh.us/thevirtualcalmingcorner/home)

**Copy & paste the site below in your browser to begin**

**your student’s virtual calming experience**

<https://sites.google.com/columbus.k12.oh.us/thevirtualcalmingcorner/home>

**The goal of this room is to help you**

**Stop- stressful thinking**

**Breathe- practice deep breathing**

**Refocus- have calming thoughts**

**Move Forward- calmly move on with your day**

**Relax, refresh & return to learning.**

***Visit our counselor’s corner for more information at***

***https://sites.google.com/columbus.k12.oh.us/thecounselorcorner-ortega/home***

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