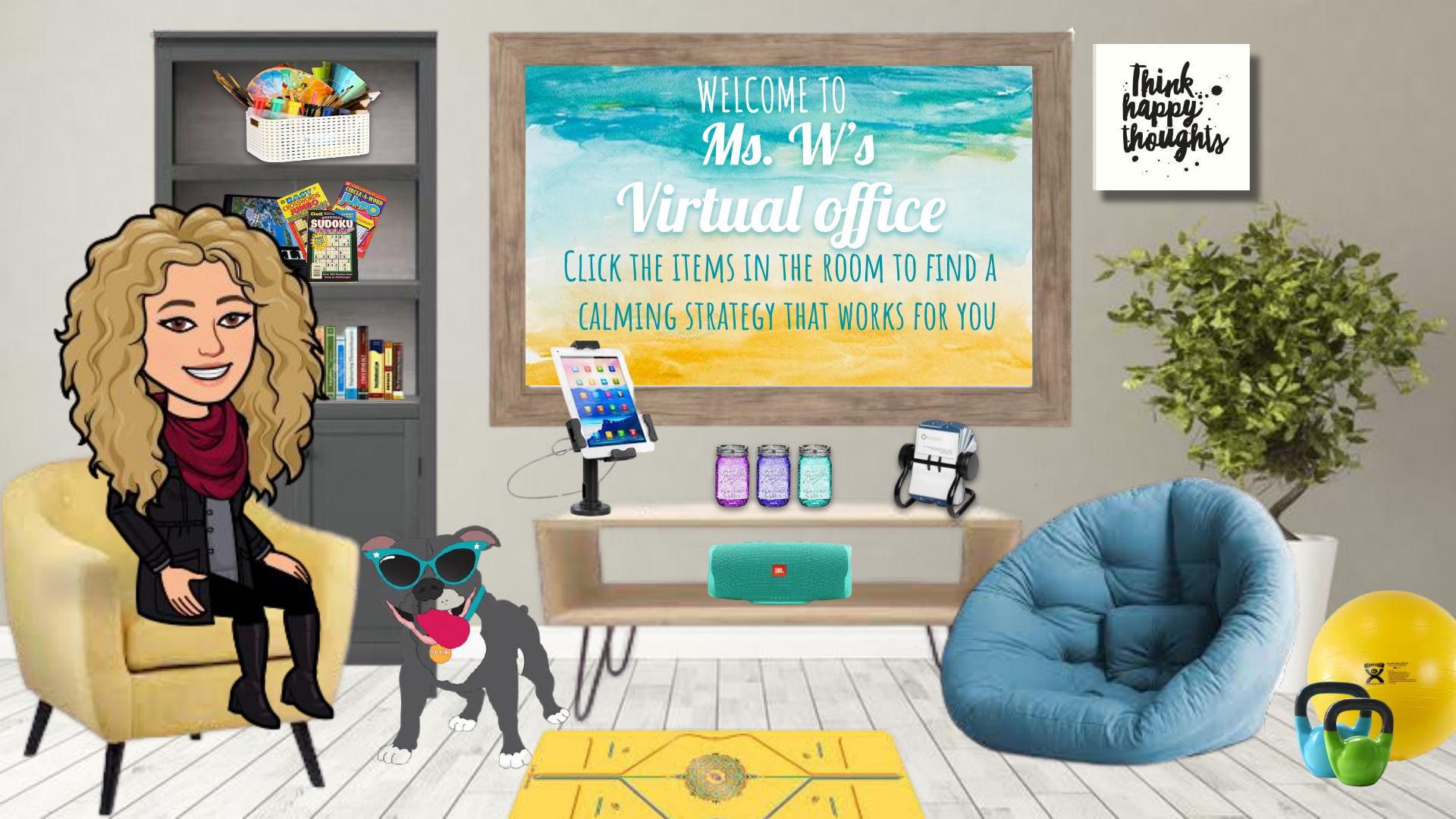




WELCOME TO
Ms. W's
Virtual office

CLICK THE ITEMS IN THE ROOM TO FIND A
CALMING STRATEGY THAT WORKS FOR YOU

Think
happy
thoughts

YOUR FEELINGS ARE NORMAL.
THE SITUATION IS NOT.

CONTACT ME

ADRIANNA.WATROBSKI@CCSUVT.NET



(802)-684-2292

We are operating in uncharted territory right now and many things are still unknown. We want you to know that **your feelings are valid**, no matter what they are. You might feel scared, confused, overwhelmed, angry, alone, grateful, or completely calm. You might feel many things throughout the days or all at once, like being upset that an event was cancelled, but happy that you can wear pajamas all day.

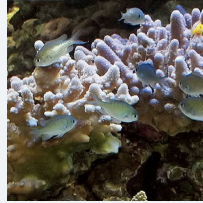
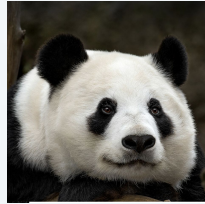
If you are struggling, reach out.

Back to
Ms. W's office

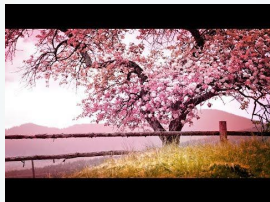


TALK
soon

PETTING A FURRY ANIMAL OR WATCHING AN AQUARIUM CAN BE VERY CALMING. IF YOU
DON'T HAVE ONE OF YOUR OWN, A LIVE CAM IS THE NEXT BEST THING!



SOUNDS AND MUSIC



PIANO



HARP



GUITAR



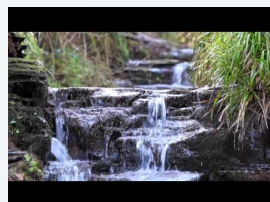
AMBIENT



CAMPFIRE



OCEAN

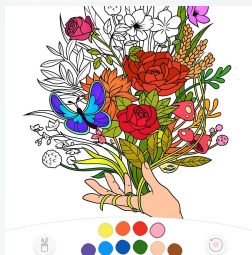


WATERFALL

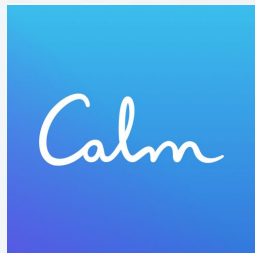


THUNDERSTORM

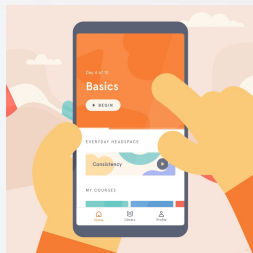




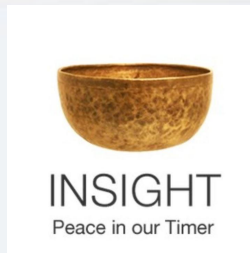
COLORFY



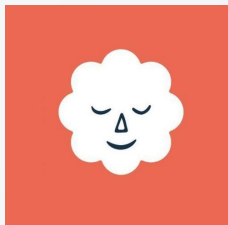
CALM



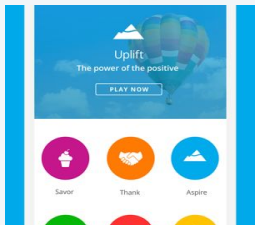
HEADSPACE



INSIGHT TIMER



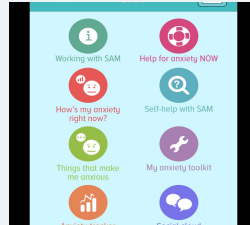
STOP, BREATHE, THINK



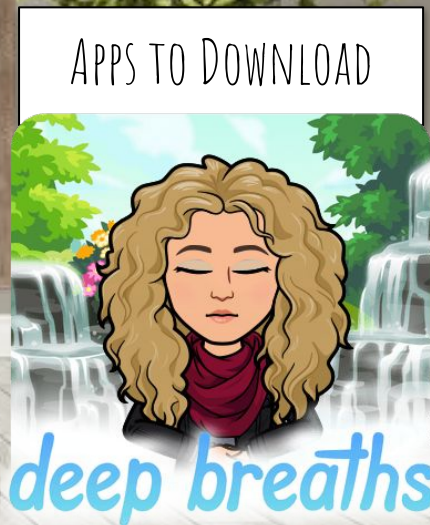
HAPPIFY



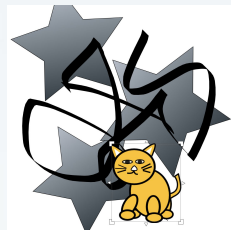
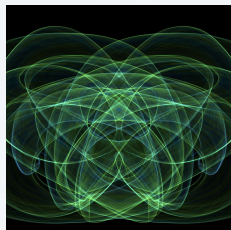
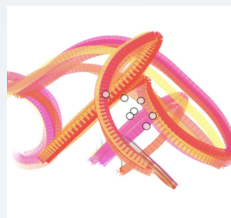
WHAT'S UP



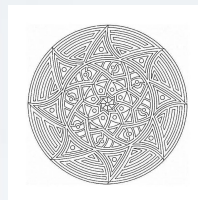
SAM



CREATE ONLINE



PRINTABLE COLORING



VISUAL RELAXATION



OCEAN



EARTH FROM ABOVE



FOREST WALK



KALEIDOSCOPE



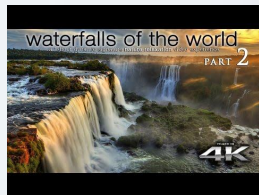
SPACE



ISLANDS



SNOW FALLING



WATERFALLS



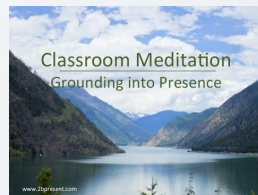
GUIDED MEDITATION



KOBE ON MEDITATION



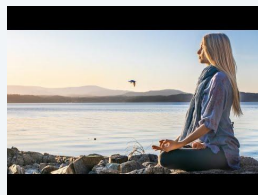
LET GO OF STRESS: 1 MIN



GROUNDING: 5 MIN



MINDFULNESS: 8 MIN



FIND PEACE: 15 MIN



GROUNDING: 20 MIN

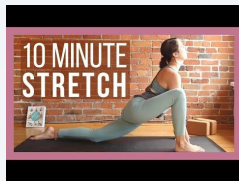
Think
happy
thoughts



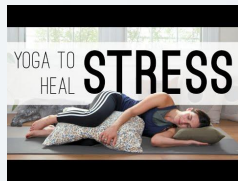
YOGA



BEDTIME YOGA
10 MIN



MORNING STRETCH
10 MIN



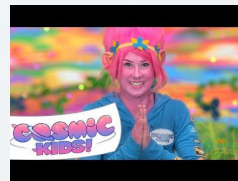
YOGA TO HEAL STRESS
20 MIN



EASY YOGA FOR STRESS
6 MIN

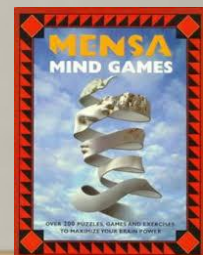
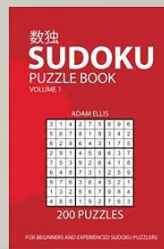


YOGA FOR TEENS
20 MIN



COSMIC KIDS: TROLLS YOGA
30 MIN







CRISIS TEST LINE: TEXT "HOME" TO 741741 TO CONNECT WITH A CRISIS COUNSELOR FREE 24/7 SUPPORT AT YOUR FINGERTIPS.



SUICIDE PREVENTION HOTLINE: CALL 1 (800) 273-8255 FOR FREE 24/7 SUPPORT.

TREVOR



TREVOR PROJECT: TRAINED COUNSELORS ARE HERE TO SUPPORT YOU 24/7. CALL THE TREVORLIFELINE NOW AT 1 (866) 488-7386.

MS. W: ADRIANNA.WATROBSKI@CCSUVT.NET (802-684-2292)

Resource Guide

I NEED
AN ADULT

EXERCISE



DISCO FUNK DANCE CLASS



HIP HOP FIT WORKOUT



QUICK FULL BODY WORKOUT



8 MIN HIIT CIRCUIT



10 MIN WORKOUT FOR TEENS



