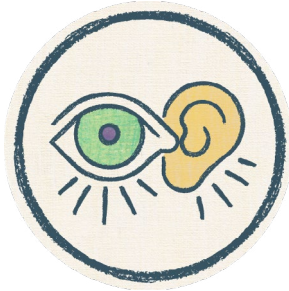


# WELL-BEING VIRTUAL RESET RESOURCES

These links have been curated to support the well-being of all educators and support staff. Select a category and click a link to open a new tab. Generally, it is recommended to spend 20 minutes or less to reset. Check that your agency supports the use of the reset room.

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## Visual & Auditory

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- [Colorful Calming](#)
- [Floating Jellyfish](#)
- [Crackling Fire & Jazz](#)
- [Relaxing Oceanscapes](#)
- [Lava Lamp](#)
- [Kaleidoscope](#)
- [Concentration Music](#)



## Guided Meditation & Movement

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- [4 Minute Work Time Meditation \(4 min\)](#)
- [Refocus at Work \(6 min\)](#)
- [Yoga at Your Desk \(6.5 min\)\(visual only\)](#)



## Mindfulness Activities

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- [How to Journal](#)
- [30 Journaling Prompts](#)
- [Journal Music](#)
- [How to Start Coloring](#)
- [Online Coloring Sheets](#)
- [Online Jigsaw Puzzles](#)