



# HOW TO CREATE A WELLNESS-CENTERED LEARNING ENVIRONMENT AT HOME

*The objective of this exercise is to give students voice and choice in the creation of their home environments. For additional resources, workshops for families, and professional development for educators and program staff, visit [girlsleadership.org](http://girlsleadership.org)*

**Level:** All

**Domain:** Mindfulness + Self-Compassion

**Objective/Rationale:** Students have voice and choice in the creation of their home environments within their locus of control.

**Time Required:** 10-15 mins

**Materials:** Healing Centered Environment for Home checklist

**Disclaimers/Notes:** The checklist questions are not comprehensive; feel free to add/delete/adjust as needed. Keep in mind some students' home environments may not be conducive to healing in ways they can't control - check in with students about what they can control and how you can support.

## **Prompt:**

Invite students to use this checklist to take stock of their own surroundings right now. If there are any immediate shifts they can make to align with the checklist, they can go ahead and make them.

## **Discussion/Follow-up:**

What adjustments did students make? Invite them to share out.

## **Differentiation:**

This can be a close-out prompt, followed by a check-in the next day.



## Wellness-Centered Environment for Home Checklist

### Notice your body:

- Are you hungry or thirsty? If so, grab a light snack or something to sip on during class.
- Do you have to go to the bathroom? If so, take a quick break.
- Are your muscles tense? Bring your attention to your breath and imagine the tension leaving your body with every exhale.

### Notice your environment:

- Is the lighting harsh or soothing?
- Is the temperature comfortable?
- Is your workspace organized?
- Is your workspace decorated?
- What would you need to feel at peace in your workspace?

### Additional notes: