

# Willis Junior High Mindfulness Room

**WHO: Open to any Willis Junior High Student looking for a quiet, calm space**

**WHERE: H3**

**WHEN: During lunch periods**

Tuesday 2B Wednesday 3A Thursday 3B Friday 4A

**HOW: Sign up sheet outside of H3 or drop in \***

**WHAT: Quiet space for reading, calming or meditating\*\***

\*Space will be limited to 10 people at a time

\*\*Not for talking to or gathering with your friends. Please use outdoor spaces for socializing. If you need to talk with an adult you can make an appointment in Student Services or in the Mindfulness Room.

Contact WJHS Counselors or Social Worker with any questions.