

VIRTUAL CALMING ROOM



HOME

Hello and welcome to the virtual calming room. If you are here that means you may be going through some things and need a moment to decompress. Please take as much time as you need and remember your feelings are valid no matter what they are!

While you are here take some time to **Breathe!**

This website is here to support faculty, students, and parents and can help provide some tools to manage your emotions and feelings

We are here to support you!

-NFHS

The following links are purely for educational purposes and are not intended as psychological interventions or as a substitute for psychological treatment. If you are in need of psychological help you should seek the consultation of a licensed mental health professional.



[Sounds & Music](#)



[Guided Meditation](#)



[Visual Relaxation](#)



[If You Need Immediate Support, Please Reach Out!](#)



[Yoga](#)



[Live Animal Cameras](#)



[ASMR](#)



[Coloring & Creativity](#)



[Mindfulness](#)



[Smartphone Apps](#)



[Puzzle Games](#)



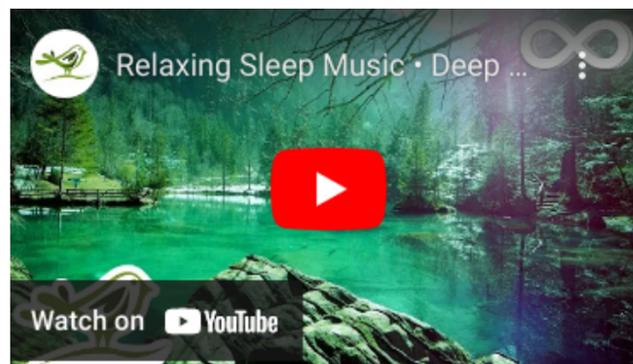
[Self-Care Toolkit](#)

The Niagara Falls City School District does not discriminate on the basis of an individual's disability, actual or perceived race, color, creed, religion, religious practice, national origin, ethnic group, sex (including sexual harassment and sexual violence), gender identity, sexual orientation (the term "sexual orientation" means heterosexuality, homosexuality, bisexuality, or asexuality), political affiliation, age, marital status, military status, veteran status, weight, domestic violence victim status, arrest or conviction record, genetic information or any other basis prohibited by New York state and/or federal non-discrimination laws in admission or access to, or treatment or employment in its programs and activities, and provides equal access to designated youth groups.

SOUNDS & MUSIC



Healing



Relaxing Sleep Music



Fall Asleep Instantly



Mountain Stream



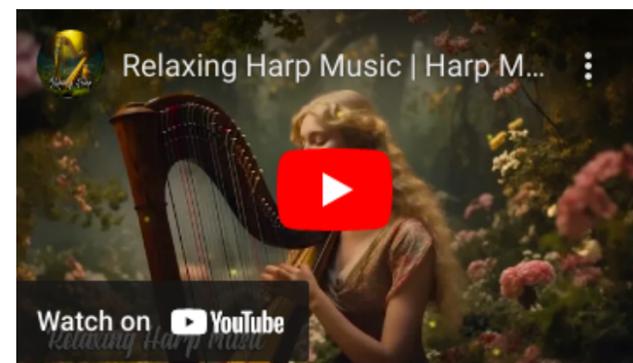
Bird



Piano with Rain & Thunder



Piano



Harp



Guitar

GUIDED MEDITATIONS



Anti Anxiety Cleanse



Self-Love Meditation



Clear Your Mind



Letting Go



Let Go Of Worries



Sleep Talk-Down



Manifest In Your Sleep



Stillness Meditation



Detachment from Over-Thinking

VISUAL RELAXATION



Snow Fall



Abstract Liquid



Autism Calming Music



Kaleidoscope Meditation



Autism Calming Sensory



Space



Starscapes



Lanterns Sensory



Lava Lamp

**IF YOU NEED IMMEDIATE SUPPORT,
PLEASE REACH OUT**



EMERGENCY

Crisis Hotlines:

OASAS HOPEline:

**Suicide & Crisis
Lifeline: Dial 988**

Call 1.877.8.HOPENY or text HOPENY

**Crisis textline: text
GOT5 to 741741**

**NY State Domestic Violence & Sexual Violence
Hotline:
1.800.942.6906 or text 1.844.997.2121**

Crisis & Domestic Violence Shelters:

**Community Missions - 716.285.3403
www.communitymissions.org
1570 Buffalo Ave. Niagara Falls, NY.
14303**

**Haven House - Child & Family
Services - 716.884.6000
P.O. Box 451, Ellicott Station,
Buffalo, NY. 14205**



**CRISIS
AHEAD**

Children, Youth, & Family Services

Covenant House Nineline: 1.800.999.9999

If you are deaf or hard of hearing: contact us using 711 (National Relay Service)

If English is not your primary language you have instant access to over-the-phone language interpreters 24 hours a day.

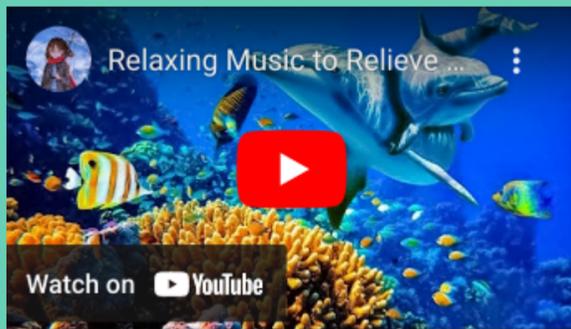
**Girls and Boys Town National Hotline: 1.800.448.3000
TDD line: 1.800.448.1833**

Spanish-speaking counselors & translation services, representing more than 140 languages, are also available

CALMING ANIMAL VIDEOS



Forest and Bears



Under Water Relieve Stress



Under Water



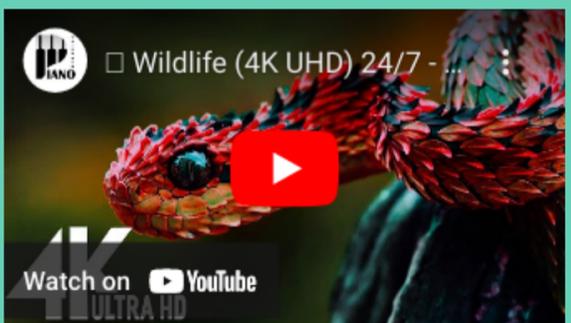
Under Water 2



Bunny Cam



Jelly Fish

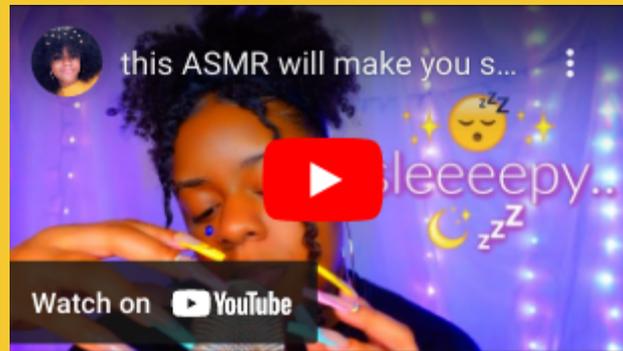


Wildlife

ASMR



ASMR for Sleep



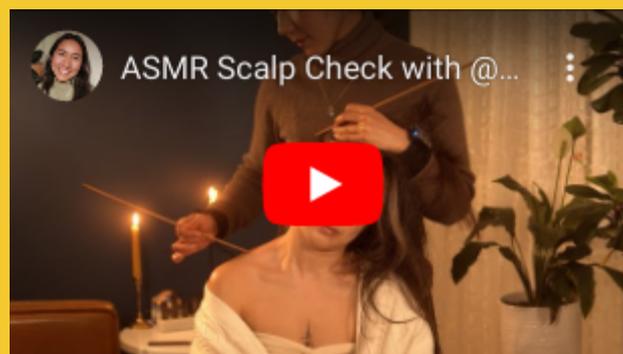
Sleepy ASMR



Real ASMR Spa



Anxiety ASMR



ASMR Scalp Check



Slime ASMR

Mindfulness



Be Present



Letting Go



What Is Mindfulness



Grounding Exercise



Mindfulness for Children



Practicing Mindfulness



Mindfulness Meditation For Kids



Mindfulness Exercise



How Mindfulness Helps Anxiety