

ST. REGIS MOHAWK SCHOOL



VIRTUAL MINDFULNESS WEBSITE

This Virtual Mindfulness Room is a place for students, staff, and families to find strategies for managing emotions and feelings in positive ways. It is a safe space where you can learn and grow.



Access to:

- Breathwork
- Music
- Read Alouds
- Coloring Pages
- Yoga



Three easy ways to access this page:

The St. Regis
Mohawk School
Webpage

[https://bit.ly/
3aYkVxv](https://bit.ly/3aYkVxv)



QR Code



SALMON RIVER CENTRAL SCHOOL DISTRICT

ST. REGIS MOHAWK ELEMENTARY SCHOOL

Sken:nen Ratiha:wi – We are all Peacekeepers

