

Empowerment Clubs Awareness into Action Activities Calm Corner: Aids for Anxiety & Stress



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- Reduce stress by focusing on an activity
- Visualize overcoming worries or obstacles
- Writing down worries to get them off your mind, and symbolically letting them go as you shred them away
- - Reduce student stress
  - Refocus your mind

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#### Materials

- Electric shredder
- Paper
- Marker, Pen, or Pencil

## Assembly

- 1. Gather paper
- 2. Place electric shredder on a safe space
- 3. Find a recyclable bin to place shredded paper after activity

## Application

- Write down your worries or stressors on a piece of paper
- Place them on a shredder and let them go as you watch them disappear
- You can add an act of kindness by offering teachers in your building to shred any paper they no longer need
- Invite peers and take turns
- Let students around the school where you will set this us. The lunchroom, the front of school, or a specific classroom can all work.



#### Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:









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