



## The Lounge at Graham

The Lounge at Graham originated when Graham's Project Cornerstone team (a group of caring adults) came together to create a calm space for kids to relax and connect. On Oct. 24, 2016, the team converted room 40 into "The Lounge," displaying soothing images and playing a meditation YouTube video on the big screen TV, plugging in a portable diffuser, supplying coloring pages with positive quotes, colored pencils, stress balls, battery candles, a buddha board, easy puzzles, simple games, ice water with lemon and a few snacks.

Currently open Mondays at lunch and co-sponsored by the PTA, 3-4 parent volunteers act as "hosts" in the lounge during lunch each week, welcoming and checking in with middle schoolers. The students sign in and can come and go as they'd like. Mancini's Sleepworld donated bean bags chairs, and parents donated pillows, a rug and a few items from home to make the space more inviting.

Since the Lounge opened, an average of 45 students stop by each week. As of April 7, 267 students have visited the Lounge and many have returned a number of times. A recent survey of the students showed they have a variety of reasons for stopping by the Lounge. The graph below summarizes the results.

The students provided great feedback including these positive comments:

- It helps people relax
- It's a place where people can calm down
- It gives people a chance to meet new people
- It helps people relax and when you're relaxed, you get more polite and open with people
- It gives people the chance to go into a more positive state
- It allows us to talk with much less pressure
- It makes students more comfortable
- It helps to just slow down my fast paced life
- It's a fun place to be in and has caring adults
- Positive sayings and activities that keep you positive
- Provides a place for people to hang out without being disrupted
- Provides a place to relax and talk with friends
- People can relax after stressful school
- Kid friendly, everyone is nice here
- It helps people focus and make others happy
- In here, you could have fun and color pages or just play
- Others can hang out here and be themselves

inhale  
exhale

Questions?  
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Reasons for attending

