

Cornerstone Corner

Update On The Lounge At Graham



The Lounge at Graham began in Oct of 2016 when Graham's Project Cornerstone team (a group of caring adults) came together to create a calm space for kids to relax and connect. They converted room 40 into "The Lounge at Graham" offering soothing images and playing meditation music on the room's big screen TV and providing a bean bag corner, a portable diffuser, coloring pages with positive quotes, colored pencils, stress balls, battery candles, a buddha board, simple games and a few snacks.

The Lounge is currently open on Mondays at lunch, serves on average 75-80 students each week and is co-sponsored by the PTA. Four to five parent volunteers act as "hosts" in the lounge, welcoming and checking in with students.

Since the Lounge was such a positive place to gather at lunch, Monica Teicher, one of our parent volunteers decided to open the room early on Wednesday mornings calling it "Warm Wednesdays", a warm place to hang out before school. Thank you to Monica and her team for creating this space in the morning.

Every week, we offer a question of the day where students can write their answers on the white board.

Here are some of the topics:

- When days are tough, what do you do to put yourself in a positive place?
- What do you like about Graham?
- What are some qualities of a friend?
- How do you show kindness (at home, in school, in the world)
- Who do you go to if you want to talk to someone
- What are you thankful for?
- What advice would you give a new student at Graham?
- What can we do to make the world a better place?
- What do you do to be mindful (how to be in the present moment)?

Graham appreciates the 22 parent volunteers who donate their time during the year to create a welcoming and inclusive place on Graham's campus.

Questions?
Contact Lounge coordinators
Laura Norris or Randi Ross

