

# 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](#)

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# SOUNDS & MUSIC



Healing



Relaxing Sleep Music



Fall Asleep Instantly



Mountain Stream



Bird



Piano with Rain & Thunder



Piano



Harp



Guitar



# GUIDED MEDITATIONS



Anti Anxiety Cleanse



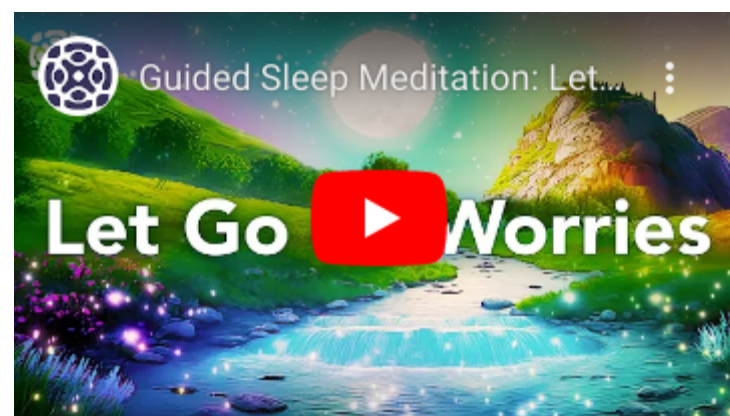
Self-Love Meditation



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**



**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](http://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**

**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



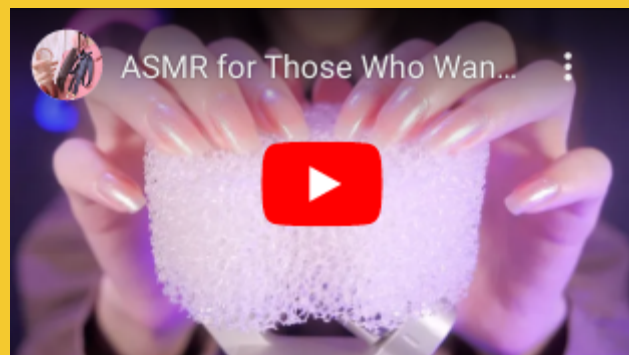
Jelly Fish



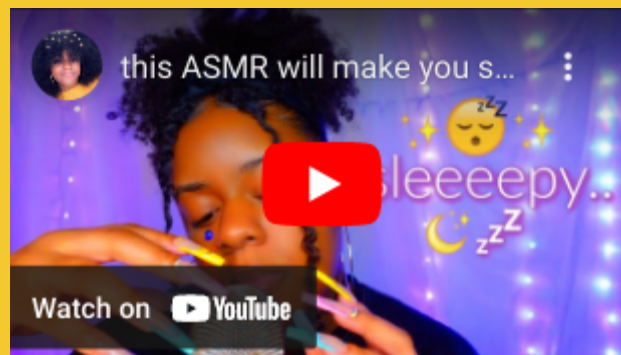
Wildlife



# ASMR



ASMR for Sleep



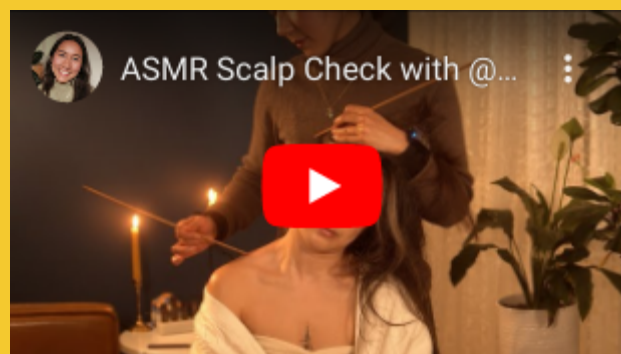
Sleepy ASMR



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