

# THE NEST

Thatcher Unified School District #4 is pleased to offer a place, the NEST, on our Primary and Elementary campuses for children to learn about managing emotions and responding appropriately. The NEST will be available to all students, with parent/guardian permission. The NEST is a room which includes books, furnishings, and other tools that will encourage students to engage in self-calming techniques and provide appropriate sensory input for the student's specific needs.

During their time in the NEST, a facilitator will teach your child self-regulation skills such as deep breathing and mindfulness practices. Self-regulation can enhance your child's ability to focus and learn, build healthy relationships and handle stress, manage frustration and disappointment, control impulses and improve decision making. Mindfulness can help one to stop before reacting to a situation or emotion. This pause allows time to regulate and think. The skills reinforced in the NEST will benefit your child in the classroom, on the playground, and outside of school.

Per your request or suggestion by the teacher or principal, your child will be able to attend The Nest one to two times per week for 10 minutes at a time. The time will be identified by your child's teacher as the best time for the student to leave the classroom. Visiting the NEST may be for a few weeks to a few months, pending on your child's needs.

<b>The NEST IS:</b>	<b>The NEST is NOT:</b>
For ALL students, pending on need	Reward or Punishment
Safe & supportive	Unstructured environment
Place to learn strategies to manage emotions	Only for behavior issues
Confidential	A time out
Skills to manage stress, emotions, everyday life	Only recommended by teacher or school personnel
Referred by PARENT, STUDENT, or TEACHERS	