



Take good care.

## Attention Arkansas schools!

### You could receive \$2,500 to create a Take Good Care Calming Room

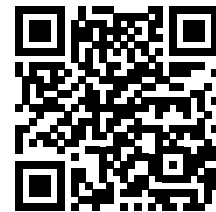
Arkansas Blue Cross and Blue Shield is celebrating its 75th Anniversary! In observance and in support of our commitment to whole-person health, we are awarding \$2,500 to one middle school, junior or senior high school in each of the 75 counties in Arkansas. Schools will use the money to create a Take Good Care Calming Room!

#### Take Good Care Calming Room Creation

Calming rooms (also known as “mindfulness,” “safe,” or “quiet” rooms) are designed to be a relaxing space for students to use when they need to take some time to refocus when they are feeling overwhelmed or anxious. Mindfulness rooms consist of soft lighting, tranquil colors, comfy furniture, positive, inspirational messages and items like journals, coloring books, sensory objects, or games for students to use to promote emotional regulation. Having a therapeutic environment to self-regulate allows students to enter the classroom feeling more calm, relaxed and grounded.

Arkansas Blue Cross wants to help these spaces become a reality in 75 schools in the 2023-24 school year.

Learn more and apply at  
[arkbluecross.com/calmingrooms](https://arkbluecross.com/calmingrooms)  
or scan the QR code.



**Apply by September 22.**

Recipients will be announced November 1, 2023.



Arkansas  
**BlueCross BlueShield**

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