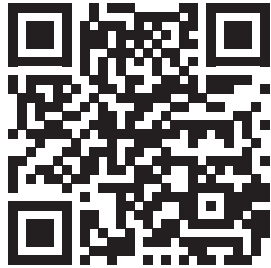


Learn more and apply at
arkbluecross.com/calmingrooms
or scan the QR code.



Take good care.

of your students



You could receive **\$2,500** to create a calming room
in your middle school, junior high or high school

In recognition of Arkansas Blue Cross and Blue Shield's 75th Anniversary and the company's commitment to whole-person health, **we will award \$2,500 toward the creation of a Take Good Care Calming Room to 75 schools in the state** – one school in each of the 75 Arkansas counties that teach students age 12 to 18.

Apply by September 22, 2023.

Recipients will be announced November 1, 2023.



Take good care.

The need for a quiet space for students to recenter is more important than ever.

According to the 2023 Kids Count report released by the Annie E. Casey Foundation, Arkansas ranks 43rd in the nation for child well-being.

Calming rooms provide a place for students to go when they are feeling overwhelmed and need to refocus. The rooms help students regulate their emotions and often feature items such as:

- Soft lighting
- Tranquil colors
- Comfy furniture
- Positive, inspirational messages
- Journals, coloring books and other sensory objects

Having a therapeutic environment to self-regulate allows students to enter the classroom feeling more calm, relaxed, confident, and grounded.

Apply now for a chance to receive funding for a Calming Room at your school

To be awarded \$2,500 to create a Take Good Care Calming Room, visit arkbluecross.com/calmingrooms or scan the QR Code and submit your application.



Public, private and charter schools in Arkansas serving students age 12 to 18 are eligible to apply.

Apply by September 22, 2023.

Recipients will be announced November 1, 2023.

Application Guidelines

Please provide:

- Explanation of how your school's students will benefit from a Calming Room
- Application completed and submitted by an adult staff member of the school – principal, teacher, counselor, nurse, etc.
- An explanation of how you plan to make the Calming Room a success
- A description of the space in the school you will use to create a Calming Room – verify location
- An explanation of who will be responsible for maintaining/monitoring the room
- An explanation of how you plan to spend the \$2,500 to create the Calming Room (include paint, fixtures, furniture, accessories, etc.)
- Information about whether your school will have a budget to maintain and enhance the Calming Room going forward
- Contact information of a staff member to communicate with Arkansas Blue Cross representatives for PR purposes, including room dedication, Calming Room progress, etc.
- Confirmation of willingness to submit progress pictures of room development, pictures of room completion and be featured on social media, in Arkansas Blue Cross' member magazine and in other media outlets
- Agreement to have the Calming Room completed by May 1, 2024
- Agreement to terms and conditions, which includes permission from your school's principal.

