

Annette Street Public School/High Park Alternative

The Space



A place to re-activate when feeling the need to step away from the group.

'The Space' is a mental health and well-being initiative that came about after some Annette Street Public School and High Park Alternative Grade 7 and 8 students attended a TDSB Mental Health and Well Being conference in 2015. The students felt it would be beneficial to promote positive mental health and well-being by providing a place for students to go when feeling stressed, anxious, overwhelmed or just needing to step away from the group. The following school year (2015/2016), The Space was implemented in three different classrooms throughout the school, for students in grades 4-8 to access and continues to be available to students this year.

The Space is a quiet corner in a classroom that houses a comfortable chair, noise reducing headphones, mindfulness tools (sensory liquid hourglass, therapy squeeze balls, and weighted snakes). When students need to access The Space, they present their teacher with 'The Space' card as a visual symbol that they need to leave the room. Students usually spend approximately 15 minutes in the space to re-activate before returning to their classroom.



Two examples of "The Space" in our school.