

The Chill Lab

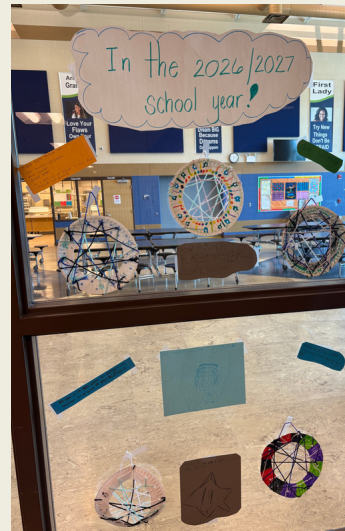
In July, Red Oak staff led *Mind Quest: The Chill Lab*, a camp designed to help middle school students learn about how to understand and manage their emotions. This was part of Fifth Quarter, a partnership with Youth Success Summit and Akron Public Schools. Middle school is a time where many things are changing rapidly in a young person's life, and it can be hard to keep up! In the three-week program, campers examined stressors they face, and explored ways that they could help to teach younger students how to cope with middle school. The camp ended with an open house where student gave presentations about their experience and what they had learned throughout their time together.



Students presented their **four stressor solutions**: The **Fidget Toy** exhibit, where students learned about ways to detect when they're stressed, what their stressors are and how stress toys are tools. The **Coping Skills** exhibit showed ways to manage stress and more specific tactics to use like box breathing. The **Ways to Avoid Crashing Out** exhibit explored noticing warning signs before crashing out. The **Art** exhibit featured ways that art can be a coping skill.



The students worked together to create The Mindful Wall and the Community Agreement.



The paper plates with strings represent their goals for the coming school year. Each color of string represents a different goal, for example, getting a home run in baseball.



Problem Statement

"Middle school can feel like a rollercoaster. How can we help younger kids get ready for it? Let's find ways to teach them how to handle stress. We need to remember what makes kids our age upset, how everyone calms down in their own way, and the need for quick tricks to help them feel better right when they are stressed."

The Fifth Quarter camps were designed to be an opportunity for problem-based learning, so campers designed their own Problem Statement to guide their project.