

What does your library do currently to support student wellbeing?

circulate
SAD lamps

Community
Coloring
page (huge)

nap pod
pet therapy

circulating
coloring books; family
study room as well

Drop in and
draw events,
puzzles,
snack events

Meditation

signs to suggest fun reading and brain breaks

end of semester study break snacks

Brain Break Corner

provide
breakfast
on Monday
mornings
(Toast to
Mondays)

Relaxation Station

food pantry

Green space
with plants
and comfy
seating

checking out
SAD lamps,
puzzle
station,
sticker
murals, lego
table - lots of
de-stress
options

Fun de-stress events

Jigsaw puzzle always out

Study breaks and puzzles

Wellness
Wednesdays

button making

Therapy dogs
Meditation room

Service
Therapy Dogs

Facility dog
with "office
hours"

Popular
readin
g collecti
on

Pop up
makerspace
(craft
activities)

there's
always a
puzzle
going

us too!



Potential Wellness Partners:

Student
government,
TRIO,
Counseling

Counseling
services

office of
teaching
and
Learning

local
public
library

Community
Partners -
Library, Child
Development
Services.

Student Life

Center for Health Education and Wellness

Inclusion,
Access, and
Belonging
office

academic
departments!

Center for

Student
Faculty
Center, SOAR
- Students of
Astounding
Resilience

Career Services



Padlet