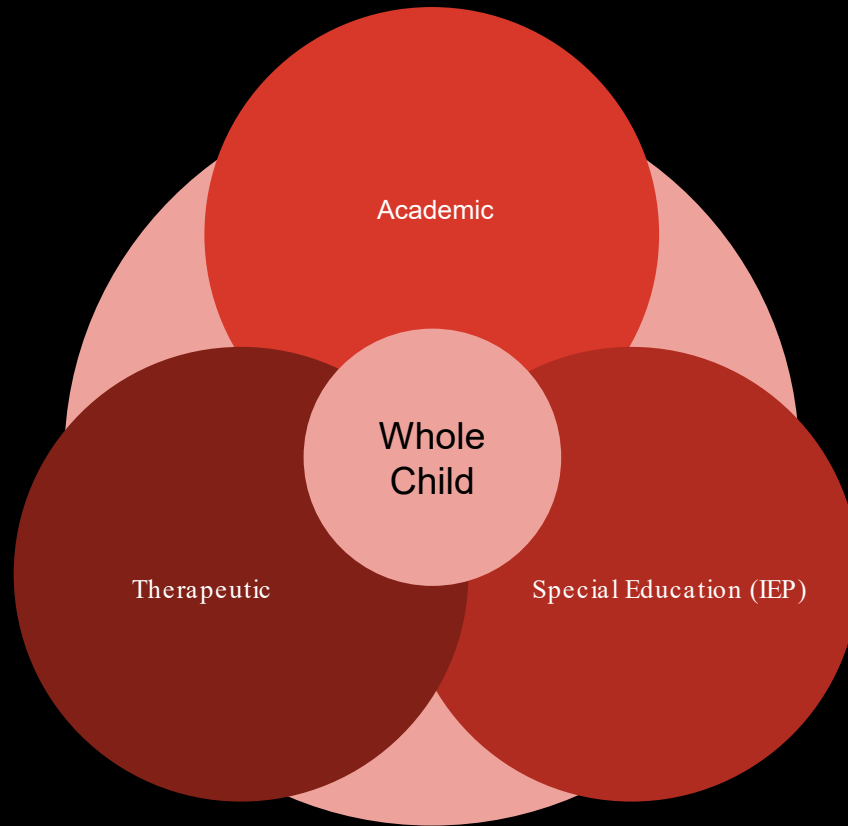


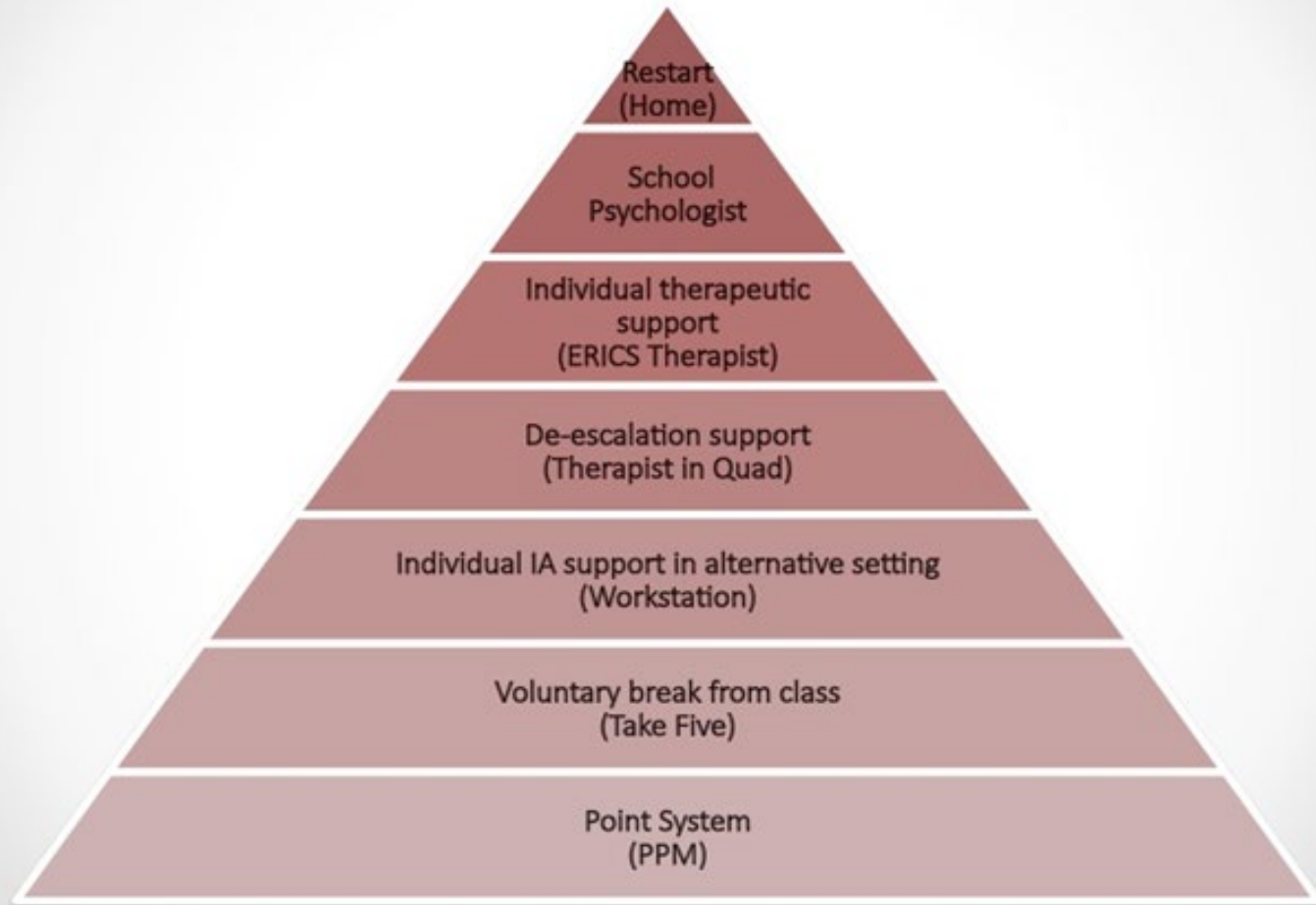
Sequoia School

Wellness





Regulation Index



High School Therapy Groups



Healing Through Mindfulness (Yoga)

Students participate in a group that focuses on healing through meditation, mindfulness and pilates. Students are provided with exercises to assist with mental health .



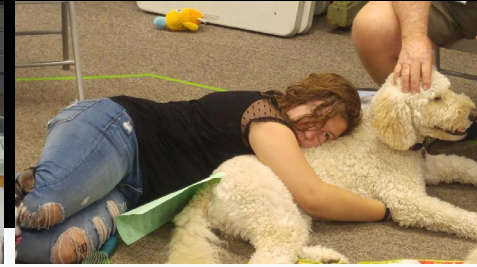
Self Esteem Through Self Defense

Students focus on themes of self-discipline, self-esteem, structure and personal boundaries. Students work on regulating emotions, self-awareness and self confidence.



Creative Expressions (Art Therapy)

Students express themselves artistically and work on resolving conflicts and problems, reduce stress and develop positive social skills. Students learn to regulate their behavior and be self-aware.



Animal Assisted Therapy (Dog)

Students have the opportunity to learn how to lead the dogs through their behavioral routine. This increases their self-confidence, acceptance, and respect.

Equine Therapy-

Middle school students participate in therapy with horses and work on stress management, impulse control, building self confidence, building self esteem, and regulation of mood.





Wellness Class

- Mindfulness
- Yoga
- Healthy Eating
- Happiness
- Exercise
- Gratefulness



Environment on Campus

“Inhale your future

Exhale your

Past”

~Anonymous

Therapists in the milieu

Music and games during
unstructured time

Clubs - SSA and Bring
Change to Mind (BC2M)

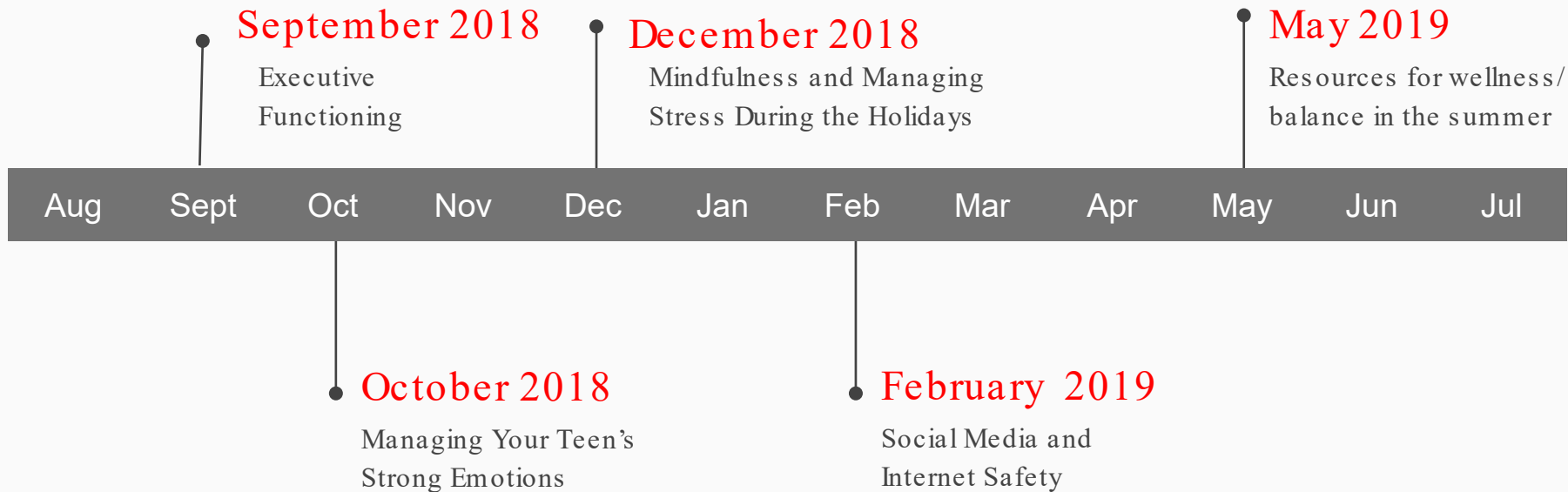
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Parent Universities

Wellness and support for the whole family





When 'i' is replaced by 'we' even
'illness' becomes 'wellness'