We offer affordable and custom design solutions for 21st century learning spaces.
The 5 P's Design Process

People  Programs  Postures  Prototypes  Palette
Making Meaning of Mindfulness

Quick, Quiet Reflection

• What does mindfulness *look* like to you?

• What does mindfulness *feel* like to you?
SOCIALIZE
inspiration + peers + context
field trips, soft seating, varied workspaces

EXTERNALIZE
tangible + visible knowledge
writeable surfaces, modular whiteboards, craft supplies

INTERNALIZE
reflection + metacognition
student-created spaces, comfortable, inviting seating, quiet zones

COMBINE
collaboration + hands-on learning
makerspaces, large workspaces
Why Mindfulness Matters

• Helps students understand, recognize, and articulate their emotions (Mindful Schools, 2017)

• Increases emotional regulation (Mindful Schools, 2017)

• Improves the school experience for different types of learners (Davis, 2015)

• Increases student capacity for compassion, perspective taking and empathy (Mindful Schools, 2017)
Why Mindfulness Matters

• Enables students to practice deepened awareness, concentration, and insight (Lunau, 2014)

• Increases focus and attention (Mindful Schools, 2017)

• Boosts immunity and promotes better health (Flaxman and Flook, 2015)

• Reduces stress and anxiety—for everyone! (Mindful Schools, 2017)
Mindful Body Space

- Eyes
- Back
- Feet
- Head
- Nose
- Hands
- Ears
- Mouth
- Legs
Prototyping Norms

1. Think with your hands
2. Dream big
3. Embrace the mess
4. Be comfortable with quick pacing
5. Yes, and
6. Keep your users in mind!
Gallery Walk and Community Harvest

let's make room 2 learn
Zen Zones
Reflective Layout
Comfortable Seating
Lighting and Colors
Dedicated Art Space
Flexible Postures
Get Outdoors!
Let's stay in touch!

jane@room2learn.org
grace@room2learn.org