Well Students,
Safe Schools
Ashley Flores, Giyoung Park, Jamaica Reyes-Araujo, O. Wayne Reynaud
SENSORY WELLBEING HUB AT LANE TECH COLLEGE PREP HIGH SCHOOL
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MOMENTOUS INSTITUTE CALM DOWN SPACE

OUR FEELINGS

SHY  EXCITED  AFRAID  PROUD

SURPRISED  LOVED  THANKFUL

HAPPY  SCARED  ANGRY

Emoji:

jealous  joyful
mad  happy
excited  sad

angry  frustrated  scared

lonely  silly  shy

A friend:
caring  encouraging  responsible  playful
What I can do to change my mood

1. Hug someone (ask first)
2. Go to the reflection station
3. Breathe
4. Send a friendly wish
How are you feeling?
flip the cafeteria
SAN FRANCISCO UNIFIED SCHOOL DISTRICT LUNCH PROGRAM REDESIGN

COMMUNAL EATING

In elementary schools, students sit around round tables, learn to serve one another, and discover foods together. Staff serve in courses off of a cart. With food served in stages, students eat more of every course and they no longer have to wait in line.
Air
WELL promotes strategies to reduce or minimize sources of indoor air pollution.

Water
WELL promotes high quality water and improved accessibility.

Nourishment
WELL limits the presence of unhealthy foods and can encourage better food culture.

Light
WELL promotes lighting systems designed to increase alertness, enhance experience, and promote sleep.

Fitness
WELL encourages the integration of exercise and fitness into everyday life.

Comfort
WELL creates distraction-free, productive and comfortable indoor environments.

Mind
WELL optimizes cognitive and emotional health through design, technology and treatment strategies.

Innovation
WELL encourages innovation by allowing projects to submit ideas for new features under WELL concepts.
FITNESS

The WELL Building Standard for Fitness promotes the integration of physical activity into everyday life by providing the opportunities and support for an active lifestyle and discouraging sedentary behaviors.
LIGHT

The WELL Building Standard for Light provides illumination guidelines that are aimed to minimize disruption to the body's circadian system, enhance productivity, support good sleep quality and provide appropriate visual acuity where needed.
NOURISHMENT

The WELL Building Standard for Nourishment requires the availability of fresh, wholesome foods, limits unhealthy ingredients and encourages better eating habits and food culture.
64 INTERIOR FITNESS CIRCULATION

PART 1: STAIR ACCESSIBILITY
   a. Stairs are accessible to regular building occupants during all regular business hours.
   b. Wayfinding signage and point-of-decision prompts are present to encourage stair use (at least one sign per elevator bank).

PART 2: STAIR PROMOTION
   In projects of 2 to 4 floors, at least one staircase meets the following requirements:
      a. Located within 7.5 m [25 ft] of the entrance to the building or the edge of its lobby.
      b. Clearly visible from the main entrance to the project, or located visually before any elevators present upon entering from the main entrance.
      c. Stair width set at a minimum of 1.4 m [56 in] between handrails.
87 BEAUTY AND DESIGN I

This feature is derived from the Beauty and Spirit Imperative of the Living Building Challenge and strives to construct thoughtfully designed environments that positively impact the mood and comfort level of occupants.

PART 1: BEAUTY AND MINDFUL DESIGN

The project contains features intended for all of the following:

a. Human delight.
b. Celebration of culture.
c. Celebration of spirit.
d. Celebration of place.
e. Meaningful integration of public art.