Tips for comfort and well-being

Here are some tips for creating the right atmosphere for the activity.

- Unlock the door before and during the activity to facilitate entry and exit.

- Prop the door open before the activity to make it feel more welcoming for the participants.

- Play music/ambient sounds before the activity and/or during breaks.

- Display art on the flip screens.

- Show content on the flip screens that relates to the activity.

- Show content on the TV wall that relates to the activity.

- Adjust the brightness of the lighting in the room so that it feels either energizing or relaxing during the activity.